

Beginner *Tips & Tricks*

the **A, B, C'S** of SMART Surfing

A Secure-Fitting Top

This will be your #1 concern in the beginning, as you get more comfortable in the water, learning where to sit/paddle on your board, how to fall so that you don't destroy yourself, and how to duck-dive or turtle roll successfully... ALL while not wasting precious time, re-adjusting your top!

Straps that criss-cross across the back of the shoulders are a good choice for bigger busted women, and believe it or not, the more secure bikini tops for an A to small B-cup, are fixed triangle tops (not sliding), because you don't have a lot of extra fabric creating a drag in the currents of the water. This style hugs your body's shape more effectively and therefore- stays put!

Tankini's such as seen on Stephanie (right), are an excellent choice for those not wanting to bare as much skin, as well as for beginner surfers that surf only 1-2 times per week, and who's skin is not used to the friction of the wax. The tankini works as a barrier, helping protect from wax-rash or foam-top boards.

tankini & boy shorts: Toes On The Nose (toesonthenose.com)
sports watch: Wooloot (woolootsport.com)
bracelet: Repel SHARKs magnetic anklet-bracelet (repelsharks.com)
surfboard: Keoki Surfboards (keokisurfboards.com)



Photo: Photolines.L.S.
Makeup by Nikki (nikki.obayley@yahoo.com)
Hair & Makeup by Sarah la GLAM (saratiaglam.com)

10 LIES

of a Surfer

- 1** Claiming a wave was bigger than it really was
- 2** Claiming a wave was smaller than it really was... just to act cool- when it's really big out
- 3** After a bad wipeout and hold-down, you decide you'll start practicing holding your breath- starting tomorrow (*This time you mean it*)
- 4** I'm going to paddle around in the off-season, even when it's flat, just to stay in shape!
- 5** I love SUP's
- 6** I will not drop in on anyone... again.
- 7** That was the BEST wave of my life!
- 8** I swear, I almost died out there today!
- 9** I'm gonna buy a big 4x4 truck so I can park anywhere I want!
- 10** I'll be in the water at sunrise

WSSM[®] Top 5 SURF Bikini Companies

PUALANI HAWAII ◀
(www.pualanihawaii.com)

HONEY GIRL ◀
(www.honeygirlwaterwear.com)

SAN LORENZO ◀
BRAZILIAN BIKINIS
(www.sanlorenzobikinis.com)

* TOES ON THE NOSE ◀
(www.toesonthenose.com)

* GIRLS4SPORT ◀
(www.girls4sport.com)

* Cute & Functional WOMENS,
not-junior, sized swimwear
that's designed for active water sports.

B SMART and Protect Yourself from Sharks

This will be everyone else's #1 complaint when they hear you've taken up surfing... "Aren't you afraid you'll be eaten by a shark?" Well, not anymore! Repel Sharks offers an anklet/bracelet, or one for each limb... however you want to wear it, magnetic accessory that in studies, have proven to deter sharks who come within 3 feet of it. This is particularly helpful for those surfing in murky/cloudy water, or in rejoin known to be home to large numbers of sharks.

Repel Sharks | www.repelsharks.com

CASH is KING, so don't lose your job 'cause you lost track of time & stayed out surfing too long!

Trust us on this, your boss won't care how fantastic and glassy the waves were, or how no one else was out and the sets just kept coming. Never lose track of time again with the Wooloot Sport watch!

Wooloot Sport watches contains Tourmaline, a semi-precious mineral that is a natural resource of negative ions. Tourmaline is known for it's ability to aid in the detoxification process of the human body, helps increase concentration, improves sleep, meditation and relaxation. Waterproof and available in multiple sizes.

Wooloot | www.wooloot.com