



About “Get to the Beach Girls”: The aim of this day is to bring girls together for a noncompetitive day of learning all about and participating in some surfing and paddle boarding action. The aim is to instill self-confidence and a passion for the sport that so many of us have already grown to love.

Some talented surfers will be there on the day to give instruction, advice and just to be a friendly face to help out. It doesn't matter what your age is, any time is a good time to start surfing! The day is aimed at beginner surfers, from those who have never even held a board to those who can already stand up and surf their way to the shore.

There will be 10 learner's boards available for use (thanks to Ultimate Surf Shop), however the girls are encouraged to bring their own boards if they have them. Naish is also kindly lending out 10 paddle boards for those who wish to give those a try!

We will have a yoga instructor there to take us through a warm up and Curl Magazine has kindly jumped on board to give you all their latest magazine.

About Orewa Beach: Orewa beach, the location of “Get to the Beach Girls”, is a safe east coast beach located 20 minutes north of Albany. The surf tends to be relatively small at this beach and there is generally minimal sweep. Should there be no surf on the day, the girls can still have a paddle around and get their basic technique well and truly conquered or have a go on the paddle boards.

Date: Saturday 27th February 2010

Location: Orewa Beach, to meet in front of the Surf Club at 10am

Please contact Hannah Howard on 0212240469 or Hannah-howard@hotmail.com if you have any questions.

Proudly supported by...



CURL





Timetable

- 10am: Opening speeches from the organisers and instructors.
- 10.15am: Yoga session.
- 10.45am: Girls split into groups to head off for introductory session then to hit the water
- 12.00pm: Break for Lunch.
- 12.15pm: Second water session. Those who wish to try stand up paddle boarding can do so.
- 1.30pm: Pack up / closing speeches

Proudly supported by...



CURL





Name: _____

Date of Birth: ___/___/___

Contact Number: _____

Address: _____

Email Address: _____

Entry fee of \$30 enclosed: *(Please circle)*: Cash or Cheque made out to Hannah Howard

If under 18 years old:

Name of Parent / Guardian: _____

Contact Number of Parent / Guardian: _____

Signature (and therefore authorisation): _____

Waiver: I hereby release Girls Get to the Beach 2009 any supporting organisers and sponsors from any liability for damage or injury to me or my family incurred during this event.

Signature: _____

Have you had experience in either surfing in the past? Are you able to provide your own board? Please explain:

Please send registration form and entry fee to Hannah Howard, 609 Horseshoe Bush Road, Dairy Flat 0794, Auckland.