



**MORE** than 100 girls took part in two O'Neill SurfGirl weekend events this September and made the most of the consistent autumn swells.

Females aged eight to 60 from all over the country turned up for an action packed weekend of surf lessons and fun. And *(pictured above)* is a fun-loving participant.

During the day the girls received expert tuition from top surfing pros Kay Holt and Robyn Davies, as well as the English Surfing Federation coaches.

There were good sized waves for both the weekends and the girls took it all in their stride, with nearly everyone making it to their feet.

As a bonus for the girls, during the evening there was a motivating talk and slide show with Robyn and Kay sharing their wisdom from their travels around the world, as well as supplying priceless tips on fitness, motivation and visualisation.

On day two the girls were able to hone their new-found surfing skills and the weekend was finished off in the with a yoga session with local yoga teacher Clare Harrison.

At the close of the weekend many girls claimed to be well and truly bitten by the surfing bug.

At the end of the course every girl was presented with a goodie bag stuffed with O'Neill goodies, plus there were some special prizes from Rocky Point Jewellery and SurfGirl for the most improved rippers.

Girls can take part in one of the SurfGirl coaching holidays in Fuerteventura this January. Check out [www.SurfGirlmag.com](http://www.SurfGirlmag.com) for more info.