






SURF ★ S UP!

1 Many people, young and old, all over the world enjoy the sport of surfing. Surfing is a sport that involves riding waves at the beach.

 **Body Boarding:** lying on your stomach on a small board to ride the waves.

2 There are lots of different types of surfing:

 **Surfboard riding:** standing on a surfboard made from fibreglass to ride the waves.

 **Body Surfing:** using your body to ride the waves.

 There is also **knee boarding**, **surf-canoeing**, **wave skiing** and **wind surfing**.

3 Surfing began hundreds of years ago in Hawaii, where it played a significant role in Hawaiian life and culture. Here, Hawaiian kings rode wooden slabs, called *o'los*, which were up to seven metres long. Outside of Hawaii however, surfing as a sport didn't really commence until 1907, when George Freeth gave a surfing demonstration at Redondo Beach in California.

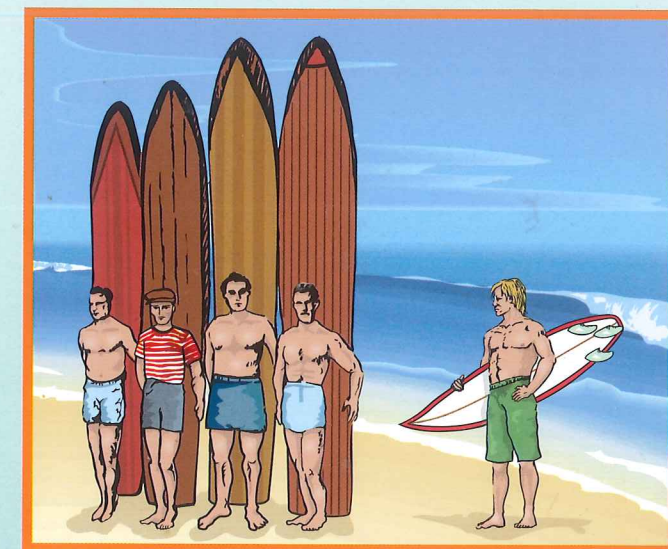
4 The first famous surfer was Duke Kahanamoku. The Duke was not only a great surfer; he also won gold medals for swimming in the 1912 and 1920 Olympics. He helped to introduce the sport throughout the USA and then to other countries. During the summer of 1915 the Duke gave an exhibition of wave riding at Freshwater Beach in Sydney, Australia. He paddled out through the breakers on a solid wooden surfboard then turned around and caught a wave back into the beach — all while standing on the deck of the board. The spectators were amazed and soon the sport took off.

5 During the 1950s and 60s surfing became very popular throughout coastal communities around the world. Movies such as "Gidget" and bands like "The Beach Boys" contributed to this popularity and also to developing a distinctive way of living known as *surf culture*. Organised competitions soon began and by 1964, the sport had grown to such an extent that the first World Surfing Championships were held and Australian, Bernard "Midget" Farrelly crowned as the first World Champion.

6 Nowadays it is possible to actually make a full-time living from professional surfing. The

very best surfers - men and women - travel the world to compete in surfing competitions. Some surfers win a lot of money. American, Kelly Slater, and Australian, Layne Beachley, have dominated the Surfing World Championships for Men and Women since the early 1990s. Kelly Slater has been the Men's World Champion eight times and has won well over one and a half million dollars in prize money. Layne Beachley is not far behind him. So far she has been crowned the Women's World Surfing Champion seven times.

7 Surfing technology has also evolved alongside surfing culture. Over the years, stand-up surfboards have changed a lot. The first boards were made from wood. They were between 3 – 4 metres in length, heavy and difficult to manoeuvre. Nowadays, surfboards are made from Styrofoam and fibreglass. They are short, light and easy to turn. Many boards have two or sometimes three fins to help steer and turn.





8 When surfers take off on a wave, they try to ride along the wall — the unbroken section of

the wave. As they ride along the wall, surfers try to do different moves or tricks.


They try to:


 do different types of turns: **bottom turns**, **re-entries**, **floaters** and **roundhouse-cutbacks**


 get **barrelled**: ride inside the tube formed by the curling lip of a wave


 get **air**: flick their board up into the air just like a skateboarder.


9 Surfing is a lot of fun but it can also be dangerous. The ocean is very powerful. There are dangerous rips and currents as well as rocks, freak waves and other surfers to consider. Here are some important safety tips to remember when surfing:


 Never surf alone.


 Never **drop in**, that is never take off on a wave that someone else is already riding.

 Make sure you are a strong swimmer.

 Always jump away from your board if you fall off.

 Never go out in surf that is too big, looks dangerous or if there are warning signs out.

 Don't panic if you are caught in a current.

 If you become caught in a current or rip, stay with your board and paddle sideways out of it.

10 If you follow these tips you're pretty much set for entering the world of surfing. You don't need to participate in surfing competitions to enjoy this sport. For most people, surfing is a non-competitive sport. They go surfing for fun and fitness and for the wonderful feeling of riding a foaming wave into shore.

Questions

- When you body surf
 - you stand up.
 - you use a board.
 - you just use your body to slide along the wave.
- Who was the first famous surfer?
 - Duke Kahanamoku
 - George Freeth
 - Redondo Beach
- When did the first World Surfing Championship take place?
 - 1907
 - 1920
 - 1964
- What happens when you **drop in**?
 - you are caught in a rip
 - you take off on someone else's wave
 - you jump away from your board
- According to this text, what is the longest type of surfboard?
 - An *olo*
 - A body board
 - A fibreglass surfboard
- What is not a safe surfing practice?
 - surfing with friends
 - grabbing for your board when you fall off
 - paddling sideways through a rip

Vocabulary

Find words in the text that match the meanings below. The word is in the section shown in brackets.

- A material made of fine glass fibres (2)
- A display or show of something (4)
- Easily recognizable and unique (5)
- A skilful movement (7)
- The edge of the sea (10)

Grammar

The words in **BLUE** appear in the text. Match them by writing the correct synonym shown in **RED**.

E.g. **under** / **below**

- | | |
|---------------------|--------------------|
| 12 made | complicated |
| 13 grown | created |
| 14 difficult | crucial |
| 15 important | expanded |

Back To The Text...

- Is it fact or opinion when the author writes "George Freeth gave a surfing demonstration at Redondo Beach" (section 3)?
 - fact
 - opinion
- What would be a good sub-heading for section 9?
 - Dangerous Play.
 - Safety Tips.

- Which of the following is not a 'trick'?
 - 'dropping in'
 - 'getting air'

Cloze

Not Just Surfing

Choose **five** of the following words to complete this cloze passage.

sport surf volleyball lifeguards
months beaches two waves

Beaches are sometimes home to massive surf lifesaving carnivals during the summer

___19___. Having said this, ___20___ are not just playgrounds for surfers and swimmers, they provide open and soft arenas for many other sports. Beach volleyball is quickly growing in popularity and is now an Olympic ___21___. It is very similar to regular ___22___ but with two notable exceptions, it is played on sand and there are only ___23___ players on each team. Beach cricket and touch football are gaining a strong following also.

Challenge Option

Research: "Hang Ten" is a well known surfing term. What does it mean?

