



The Official Newsletter of the Inverloch Windsurf Club Inc.

The Gritty Truth

Summer Edition 2013



From the President's Desk

Greetings All,
Welcome to the 8th Edition of the Gritty Truth and with this edition comes a few changes. Firstly, big thanks to my daughter, Louise, for editing the last 7 editions of her old man's rumblings into a format that all could read and understand. Pete Nathan, our membership's officer has taken over the ropes. Any ideas and thoughts for the Gritty Truth please forward to Pete at

bonsai_ccs@hotmail.com

The last twelve months saw a big effort by committee to give the members a great selection of events for all to get involved in and have some fun. Brass Monkeys went off with its usual shenanigans. We got wind for our Speed Invitational with a great turn out of serious speedsters as well as the come-n-tryers. What I thought was fantastic was the serious speedsters donated their prizes back into the Come and Try section. Another classic from that event was Oldie rocking up with a bow saw tied around his neck on day two to destroy the tree that pierced Daffy's board. Road Trips to Geelong and Torquay. Racing. Training days. Windsurfing for people with a

disability. And lastly, plenty of social sailing.

The next six months will see Guy Cribb clinics, Australia Day sail past and cricket match against the kites, training days, racing, road trips and heaps more social sailing. So join in the fun!

I have a new policy. Hug a committee member! The one thing that has struck me over the last twelve months is the difference this club has made to the windsurfing community in Australia, our own membership and also to our local community in Inverloch. Show your appreciation for our hard working committee and volunteers. HUGACOMMITTEEMEMBER.

This will be my last year as President. The previous 5 years have been a wild ride but it is time for me to hang up the reins and to pass them onto someone else that can take the club to its next phase. It has been a most rewarding time as club president and I have had the luxury of being surrounded by excellent committee members that have shared the work and filled my life with a considerable amount of fun and pride in what has been achieved. I will be staying on as a past presi-

dent and a general committee member to assist the club in taking its next step. I ask all committee and members to consider the role as President. BTW you do not have to be a good windsurfer to take on the role, just look at me!

Last but not least – Welcome to our newest international club member Mr. Guy Cribb. We debated intensely at committee whether this gentleman had the right qualifications to join our illustrious club but as we let Harty in we thought we better let Cribby in as well.

Never Let a Breeze Go Begging

Regards



Doug Hocken
Old Salty

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Brass Monkeys Speed Challenge 2012



The Prize

Also this year the IWC Brass Monkey was seen on TV through a segment compiled for ABC Open-110 Percent Project

Watch on our website

http://inverlochwindsurf.org.au/?page_id=1242

We also received exposure in Boards, Windsurfing Magazine

<http://boards.mpورا.com/news/brass-monkeys.html>

The Sacred Formula:

PEAK SPEED (in **KNOTS**) minus **AIR TEMP** (in °C) divided by **PEAK WIND SPEED** (in **KNOTS**)

Go the Monkey

CONGRATULATIONS TO Mick 'Drift' Green WINNER of 2012 !

In what many are calling a curse, previous BMC winners strike misfortune when they attempt to defend their title in the following year....Coincidence or not??

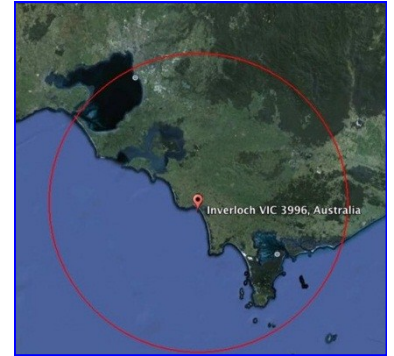
Once again, another great competition run in the true spirit of windsurfing-go to

new places, get out there and amongst it!

Running over Winter, Brass Monkeys is open to members of the Southerly Busters Speed Sailing Team, with the winner is announced at the end of winter every year,

This year again each member had to sail an "away" session at a location at least 100 kilometres from the Inlet.

An average of the members "away" ratio and their best home ratio determines the final result.



OFFICIAL POSTINGS- 01/09/2012				
SAILOR	HOME GAME	AWAY GAME	AVER-AGE	RANK
DazzaJ	1.32	1.04	1.18	2
DanP (BMC)	1.10	0.71	0.90	4
Naz	0.85	1.30	1.07	3
Fireman Sam	0.59	1.08	0.83	5
Moondo	0.87	0.68	0.78	6
Old Salty	0.81		0.45	7
Drift	0.82	1.64	1.23	1
Goldie	0.61		0.26	8
Gybing Joel	0.35		0.17	9
Sav		0.26	0.13	10

'Chimps'- Little League

As part of its services to the community, The Southerly Busters have generously allowed other GPS speed teams to play on the big ground during half time. This gives the little fellas a chance to gain experience and confidence, in the hope that one day they might be able to emulate the skills of their heroes from The Southerly Busters.

Congrats to Kato, Pit Crew for his win.

Home: 0.91

Away: 0.0

Average: 0.455

Rank: 1



Guy Cribb Clinic, Prasonisi, Greece

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ARSE, OH BUM, IT'S HIP TO BE SQUARE! Not words you normally hear repeatedly on an idyllic Greek Island holiday, but then again a Guy Cribb clinic is no ordinary week in Greece.



On recommendation of IWC member Tony Smith (A.K.A Guy Cribb groupie), Darren and I decided to join a clinic on a recent overseas trip in July. After a short flight from Athens, we arrived on the island of Rhodes and the windsurfing paradise that is Prasonisi. Prasonisi lies on the southern tip of the island, where the Meltemi wind blows consistently in the summer months.

*Windsurfing is
certainly alive and
well in Europe!*

We met Guy and the rest of the group including Tony, who was unable to resist the lure of more Cribby time, and were straight into it. If there is one thing you need for a Guy Cribb clinic it is high energy! Seven days on the beach all day and I mean first to arrive and last to leave, followed by evenings in gorgeous Greek village bars and restaurants = not much time for sleep! Guy has developed a sense of professionalism and of fun in the perfect balance, alongside his incredible skills as a pro windsurfer that make him an excellent teacher and communicator and a lot of fun to be around.

*Guy manages to
facilitate group
instruction and
yet still be able
to focus on each
individual*

The teaching involved a great mix of beach work on simulators, followed by practice sessions on the water and video review over long Greek lunches. Skills in the group ranged from those like me trying to get confident in the foot straps and mastering our water starts, to the more advanced, perfecting their duck gybes and such. Guy manages to facilitate group instruction and yet still be able to focus on each individual and where they are at each day. He uses many unique methods to get you focusing on the important things, thus the odd opening line of the article.



There are several options for gear hire at Prasonisi, but Guy chooses to use Prasonisi Centre. A full range of Starboard and Fanatic boards were available to us, along with North Sails that were rigged and brought to the water's edge for us by a great crew each day. The wind blew consistently for us all week starting with a couple of lighter wind days and building to howling winds for the end of the week.



As far as the venue goes, the only negative for me was at times being freaked out by sheer numbers of people on the water. Windsurfing is certainly alive and well in Europe! Not a lot of sailing right of way rules seem to apply either, so you need to be always alert. Prasonisi whilst to us may seem a beautiful paradise; to the non-sailing partner it may appear a rather barren and windswept place with little shelter and little else to do. We stayed as a group in the small village of Katavia about ten minutes from the beach. There are other accommodation options not too far away on the leeward side of the island in upmarket resorts if that is more your style.

*Rhodes and the
windsurfing
paradise that is
Prasonisi*

After the course finished, we hired a car and ventured around the island of Rhodes which we would highly recommend leaving time to do. Beautiful castles and chapels on mountain hilltops, forest land, beaches, the stunning town of Lindos and the medieval town of Old Rhodes are must see. Blown away by the experience, we left by ferry for Turkey just an hour away to continue our journey, pleasantly exhausted and looking forward to next time.

Wendy Jepsen

The Gritty Truth



Inverloch Speed Invitational

The Inverloch Speed Invitational is a 2 day speed windsurfing competition, with competitors registering their 5x10sec average to constitute their result for the day – this eliminates the lucky gust scenario. Their final event result is the average of their Saturday & Sunday result. Only speeds recorded within the allocated times and on the waters of Anderson Inlet will count towards the participants result.

14 registered competitors battled it out on the first day and by days end it was obvious the format was perfect for close competition.

In Division A some quick running repairs to Daffy's board were required to keep him in



the mix after having a close encounter with a submerged tree over at Point Smythe, overnight in Div. A only 0.5kts separated 2nd – 5th

Sunday dawned and we headed to the IWC's newly sanctioned 'official' café The Red Elk. Great service and a great breaky and more serious conversation: "what really constitutes a macchiato??". Shortly after, we headed back to the beach to eagerly await the predicted 25kt+ SW change.

Gusty W winds greeted us and after the briefest of briefings we got started on day 2. A heap of new competitors turned up for Sunday due to the forecast, leading to 19 registered competition sailors and another 10 or so just out for a sail.

Regular IWC skulduggery started with a few people ducking off down to Area 45 to check it out, only to come

Results

DIVISION A - > 35kt			
SAILOR	SAT 20/10	SUN 21/10	AVERAGE
spotty	30.756	33.008	31.882
Ado	27.963	33.78	30.8715
Daffy	27.36	33.486	30.423
Kato	27.941	32.771	30.356
Dan	27.678	30.887	29.2825

DIVISION B- 28-35kt			
SAILOR	SAT 20/10	SUN 21/10	AVERAGE
Dazza	26.438	27.718	27.078
Anton	10	26.769	18.3845
Col	10	25.821	17.9105
Mick	13.101	14.071	13.586

DIVISION C < 28 kts			
SAILOR	SAT 20/10	SUN 21/10	AVERAGE
Pete Naz	23.162	25.019	24.0905
Doug	21.806	22.569	22.1875
Wendy	16.983	16.639	16.811
Roy	9	22.384	15.692
Ant	10	17.438	13.719

COME TRY			
SAILOR	SAT 20/10	SUN 21/10	AVERAGE
Brian	20.768	23.871	22.3195
Ian	17.045	16	16.5225
simon burch	9	22.745	15.8725
Frank	9	20.944	14.972
John (Oldie)	13.685	14	13.8425

Nearest the Pin					
SAILOR	NTP PREDICTION	SAT NTP	SUN NTP	Result	Difference
Dazza	27	26	28	27.078	0.078
Spotty	32	29	35	31.882	0.118
Dan	29.53	25.78	33.28	29.283	0.2475
Pete N	23.8	21.02	26.58	24.091	0.2905
Kato	30	25	35	30.356	0.356
Ado	31.5	28	35	30.872	0.6285
Daffy	31.1	27.2	35	30.423	0.677
Doug	20.5	17	24	22.188	1.6875
Wendy	18.5	16	21	16.811	1.689
Mick	16	14	18	13.586	2.414
Brian	18.5	12	25	22.32	3.8195
John Oldie	18.5	15	22	13.843	4.6575
Ant	20	15	25	13.719	6.281

back and say it was no good. Kato & Daffy took that word as gospel and went to sail there... Daffy posted the day's highest peak in the 'no good' conditions at Area 45 with a peak over 37!! Also in Div. A Spotty & Ado headed out to one of the newly formed inlet entrance channels while yours truly was facilitating registrations!!

In Div. B, Dazza headed out in



the gusty conditions on his big gear only to return shortly after with stories of waaaay too much lift from his 44 fin to the point that his ankles were in danger! In Div. C Naz was looking comfortable on his 99ltr freeride board that was hugging the chop, the strong

winds almost blew Wendy off the water as she struggled to hold down a 4.7. In the come & try's Brian bought out the old trusty wooden board and looked right at home in the conditions. The forecasted SW didn't come, but... Huey did put on a mighty show with easily 25kts+ W that really kicked in in the arvo, unfortunately it coincided with high tide which made far from ideal speed conditions.

Another fantastic event had been run and won. Thanks to everyone for coming and supporting the event, and thanks to all our sponsors – RPS, The Zu, SHQ, The Red Elk & GippSport that meant that once again no one went home empty handed.



Special mention must go to Spotty and Ado for donating a part of their winnings to the unplaced competitors in the Come & Try division, this reimbursed their event entry



Spotty & Ado, you're legends!!





Some of the crew who participated in the ISI event.

Dan Poynton

The IWC Club Person of the Year 2011/12

This award is given to a club member that has shown outstanding commitment to upholding the club values through the year. The short list was Ian Fenney, Pete the Postman, Craig Kato Hollins, Roy Worner, Mick Green and Simon Chambers. All worthy winners but with the vote going to the general membership only one person could win.

And the winner is
(Pregnant pause as I open the envelope) Mick Green.

Well done Mick a truly worthy winner.



The Gritty Truth

It is with great sorrow that we acknowledge the passing of esteemed club member- Ray Fehlberg- who passed away in May, 2012.

Ray was a bit of an adventurer, and was frequently seen on the Inlet when every one else was still at

Vale Ray Fehlberg

work. He attended many club events - including the first few sailing sessions at Area 45. He liked going quick and had a bit of a competitive streak- which meant he wouldn't let anyone get past him! This led to some great neck and neck runs down the strip at Area 45 with Ray,

and inevitable some great stacks when he shut the gate on you.

He wasn't a spectator....Ray contributed to the Club in so many ways. He attended the first committee meeting and contributed many ideas to the formation of the club.



Ray (centre) with Kato (at left) and John Rohrsheim (at right)

“Wind blowing hard from the East, gusty often, then lulls. Yes, this is mentoring day, Maher’s Landing, Inverloch, Sunday 7th February 2010. A crew of over 20 people arrive and the car park is full of cars packed to the gunnels with windsurfing gear. This is windsurfing painted on a big canvas – nearly every bit as big as Sandy Point. Long runs, strong tides, strong winds. Today the wind is blowing with the tide. There will be a premium on getting up wind/up tide.” Ray Fehlberg.

Rest In Peace, Ray. In memory of a top bloke with a passion for windsurfing (and Inverloch). May you have fair seas and a strong breeze.

MICK GREEN

In honour of Ray IWC has named the new board that was recently purchased as part of a sailing access grant, the “Fehlberg Flyer”. The board is to give memory to a man whom was always there to help out.



Road Trip to Torquay

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With summer fast approaching and the knowledge that IWC members love a good road trip, I decided that it was time to head west to Torquay for the weekend. The trip would consist of a day at Lake Connewarre for a sail and an overnight stay at Barwon Heads Caravan Park. Followed by a day trip to Point Danger for a Stand Up Paddleboard demo day.

Saturday began with a calamity of errors on my part with the realisation that I had left my tie downs at work and had to tie 3 boards on the roof of the 4x4 and then proceeded to search for the keys to my car for an hour until I finally gave up and used the spare. I thought I'd never leave. Then with the caravan in toe I left for Lake Connewarre.

I arrived at about 1PM to find Colin Savage had set up the sunshade and was relaxing in anticipation of the wind to build. We set up the BBQ and cooked up a storm as only Master Chefs could do. The wind soon came up and it was time to rig. I set up the 8.5 Ezzy Infinity with the 150 Litre Techno for Colin and he was soon consistently getting some nice 25 knot runs in. Also joining us for the day was John Newman, Red, Simon Birch, Allan and even Kate came out to show us what she could do. The crew sailed until late afternoon. Then it was time to settle a small bet with Colin. He was saying that by the end of the day, I would find myself all over YouTube with an epic fail for not being able to tow the

caravan back up the hill from the lower car park. The challenge was set. Colin drove up in front and with my 4x4 in Low Range 2, I nearly had to push Colin's Kia up the hill as well. We headed to the Caravan Park and after a few beers and some more gourmet cooking, we called it a night.

Sunday morning was an easy drive to Torquay for the SUP

chop, so I decided to put this to the test and took the Core Boardsports Goya 6.2M for a spin on the Naish 10'6 board. There were some pretty small waves in the sheltered "Cozy Corner", but I thought the only way to dispel the myth was to go out the back and find the big waves. There I was greeted by a monster 2-meter wave and I thought to myself

There were some pretty small waves in the sheltered "Cozy Corner", but I thought the only way to dispel the myth was to go out the back and find the big waves



Demo Day. Strapper Surf Torquay was running the Demo and there were many brands to try out including Naish, Starboard, JP, Laguna Bay and NSP. Colin and I registered and it was soon time to hit some waves. The day was well supported with IWC crew with Ernest, James and Simon Birch also attending. We all got out onto the waves on the SUPs and had a great time until I decided I had enough of this paddling stuff. There is an urban myth going around that IWC members can't sail in

"This will be interesting". I made it over! When I arrived back at the beach it was time for Ernest to sail the waves. All in all the day was a great success with 150 people registered on the day.

A big thanks to the guys that attended over the 2 days.

I can't wait for the next one!

Simon 'Moondo' Chambers

Colin... was saying that by the end of the day, I would find myself all over YouTube with an epic fail

The Road to St George's Basin, NSW

Day 1 – The Hume boring way

After a terrible work week it was great to get in the car and head off for the long drive to Sanctuary Point. We left at 10:30 am on November 2nd and our aim for the first night was to stay in Albury. After reaching Albury we decided to continue to Holbrook. Found a Hotel that could accommodate the caravan and spent the night.

Day 2 – A road less travelled.

Hindsight is great if you knew beforehand. To plan our trip we used Google Maps. This program does not have the ability to differentiate what vehicle you're using, or more importantly, what you're towing. Leaving Holbrook early everything was going to plan until Google told us to turn left. From hear the fearful mini adventure began. After turning left we hit 'b' roads. Not normally an issue. The roads in NSW are generally thinner than Vic, but we were travelling well until we started the decent into Kangaroo Valley. The gradient increased, the road became much tighter and before we knew it our rate of decent started to increase due to lack of brakes. At this stage the brake controller for the caravan was on max boost and my foot was being forceful with the brake pedal. Luckily we found a pull off area where we managed to stop and watch the brakes smoke for the next 15 minutes. Once we reached Kangaroo Valley we found a road sign noting that no vehicle over 7 meters allowed on the road. We measured over 11! The climb back out of the Valley was just as bad, the mighty Falcon was hurting... we were shaking but we made it out and found our way to Jervis Bay.

We set up and headed over to Sanctuary Point to pick up my Point 7 sail.



Day 3 – Happy Days

I woke up early feeling like a teenager on heat, waiting for his first date to arrive. On time, the wind arrived at 12 and started to build. We arrived at Sanctuary Point at 1:00 with the car park already filling with wind surfers. Quickly rigged a NP 6m with the Futura 101 and headed out. I had a solid 4 hour sail (Have to remember to strap GPS on). I only came in to see Rob & Isko arrive and later Darren & Wendy. It was an excellent start to the week. Started gybing.

Day 4 – Ladies Day

Again the wind came in around 12 and we arrived at 1. Rigged Meg's 5.2 on her 133 and she went for a blast while I looked after Ash and chatted to sailors we hadn't seen in 2 years. Rob & Darren seemed to be having a great day with Darren racing the local speedster (KEEF). Megs came in after she couldn't hold the boom and I was back out having a ball.



Day 5 - Angry Wind

Same time, same place, but with a little more. The wind picked up and at times was puffing over 30 knots. Everyone rigged less than 5m except Darren who decided his 6.6 was perfect for racing KEEF around the basin. Another great day's sailing. Rob and Wendy were flying around.

Day 6 – Soft wind

It was a raining and very light wind day. Megs, Ash, Darren, Wendy and I sat around the rigging area waiting and wishing for some wind. Finally a puff came along and Megs tested the water. Not enough to plane so we sat around for another hour while it built. I rigged my new P7 sail and took the plunge in 10 knots. In 11 knots I was planing which inspired Darren to rig and come out. By this stage Rob had turned up and the wind increased. We were all on large sails and

boards and having a blast in the light conditions. It was a contrast to the day before.



Day 7 –No sail day–Bye Bye Jervis Bay

We left and instantly noticed that the mighty Falcon was injured. Our fuel consumption had gone to around 20 litres p/100km. Arrived at Holbrook and stayed at the same motel.

Day 8 –Please car, get us home!

We left early with the car now not only drinking fuel like a Russian on payday but a great decrease in power. We couldn't even keep up with trucks to get a tow along. After a very nervous trip we arrived at home.

Quick thank you to Darren, Wendy, Rob, Isko and the lady at the local store, who makes the best burger this side of America. It was really great to have some Victorians share our little slice of windsurf heaven.



Club Fund Raising

Rash Vest

We still have some long sleeve rash vests made from premium Italian Lycra/Nylon that has UV50+ sun protection and flat-lock stitching. Make a fashion statement on the water this season and support the club.



Club T Shirts

Still a few available at \$25 each

Sunscreen Products

- Factor 30 plus sunscreen 100 ml \$6.00
- After Sun Care Product 125 ml \$6.00
- Lip Balm 13.5 gm \$6.00
- Zinc Cream 13.5 gm \$7.00

Ritchies' IGA

Community Benefit Card Program

Ritchies' Community Benefit Card Program donates a percentage of the money spent by our members to Inverloch Windsurfing Club. Would you like Ritchies' to donate money to us, every time you shop with Ritchies'? Just email me for a pre registered card and start spending.

You can choose to have a key tag to place upon your key ring or you might prefer the convenience of a Plastic Card to place in your wallet or purse. You might prefer one of each. Every time you shop you will be asked by one of Ritchies friendly cashiers to present your Community Benefit Card!

Your card will be scanned at the register, which will automatically allocate 0.5% of the money you spend to your nominated organization, as long as they are achieving the minimum of \$2,000 spent each month.

There are also hundreds of weekly specials that have extra discounts for Ritchies' Community Benefit Cardholders. These 'CB' specials are clearly marked with red shelf tickets bearing the Community Benefit logo.

Help yourself to savings and help IWC out as you spend.

Club Stickers

- Bumper Sticker - \$2.50
- Medium Sail sticker \$5
- Large Sail Sticker \$7.50



END OF SEASON BASH PHOTOS



Dinner at the Inlet Hotel.



Coffee at the Jepsen's.

A great night.



Member Profile– Colin Savage



How did you get into windsurfing?

My parents bought me a second hand Bic long board when I was about 12 while on a family holiday. Spent most of the holiday teaching myself on the lagoon.

whistling off the sail. Terrifying and exciting at the same time because although going fast is fun, I knew I was going to crash at some point. After the inevitable wipeout, I swam the board back to the bank smiling all the way.

Best session?

Describe the first time you planed.

On the first day I sailed my F2 Xantos 295, after a couple of wobbly starts I got going and the board began planing. It seemed to just get faster and faster until the wind was

Sailing tidal flats in Mozambique – waist deep water in all directions for about 10km with nobody but a couple of windsurfing mates in sight.

Crisis moment, have you ever wanted to give it up?

I travelled about 1000km and spent a week in Langebaan, South Africa with 10 other windsurfers and there was not a breath of wind for the whole week. I was ready to burn all my gear after that.

What plans do you have for your future as a windsurfer?

I don't sail often enough to get really good at it. I enjoy the social side of windsurfing, just spending the day with a group of people that love windsurfing as much as I do.



“although going fast is fun, I knew I was going to crash at some point”

What attracted you to IWC?

The friendly people and non-competitive atmosphere.

“My parents bought me a second hand Bic long board when I was about 12”



New Water Regulations: Anderson's Inlet

Have you ever stopped to look at the markers in Anderson Inlet? For many of us they make great rounding markers, or great things to run into, but very rarely do we give them much thought... unless of course, they restrict our access to the Inlet.

Several months ago, we got word that a meeting had taken place between a group of swimmers, the Surf Lifesaving Club, the Water Police and the Angling Club with the main agenda to restrict and control the use of Personal Water Craft (jet skis) in the Inlet. Unfortunately, windsurfing was lumped in with PWCs, so any changes to the local maritime laws would also affect the club and our mem-

bers.

The Club was not invited to the initial meeting, but soon made enough disgruntled noise to get included in the follow up meeting. Prior to this meeting, we received a copy of Gippsland Ports' Proposed Changes to Boating Restrictions on Anderson Inlet. In a nutshell, the area from the boat ramp east to Screw Creek was declared a No Boating Zone, which would have meant that we would no longer be able to sail in front of the Angling Club. Clearly, this proposal was not acceptable, in our view, so we set about putting forward a strong argument to all parties involved.

After consultation with a few club members we decided on the following key points:

The proposal did not provide windsurfers with fair and equitable access to the Inlet from the launch locations of the Angling Club and Cutriss St. We understood the demands placed on the waterways by the various stakeholders but we need to emphasize that windsurfers have used these locations responsibly for nearly 30 years with minimal accident or incident.

We needed to advocate for the large number of beginner windsurfers in our Club. When learning the basic skills of windsurfing, it is generally accepted that sailors learn in

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Area 44 – The Angling Club

shallow water that is close to shore. This allows the sailor to progress from standing and uphauling in the shallows, to waterstarting in the deeper water. Owing to the nature of sandbars and tide movement within the Inlet, the Angling Club and the area west of Cutriss St was the only location that provides a safe learning environment. Under the proposed new regulations, beginners would be required to travel at least 50 metres offshore, in a depth over their

head, and more critically, in fast moving water. Due to the distance offshore, there would be an increase the time needed in rescue and recovery, and in our view, such a proposal posed an unacceptable safety risk.

These concerns were passionately presented to Gippsland Ports, along with suggested changes that would allow access for all water users. At a follow up meeting, our concerns were raised, and fortunately, modifications were

made to the Boating Regulations.

So what does it all mean??

Well if you are standing on the dune at the Angling Club, you will see a Red Mark directly in front of you. If you draw a straight line North from the marker to the shore, you roughly have the border of the No Boating Zone. Any water to the West of this line (i.e. towards Boat Ramp) is restricted to swimmers only.

The area in front of the An-



Area 45 – Maher's Landing

gling Club is where we can legally sail. At the moment, it provides us with access to the sand spit, and to the waters beyond. The Yellow Buoys you see around the Inlet mark a 5 knot zone, so check your speed if you are near one!

With summer upon us, and an increase of water users with limited skills and knowledge of the area, it is important to keep in mind, that even though this is an unrestricted area, we have to give way to swimmers, regardless of where they are on the Inlet. This is more of an issue on

the light wind days... as soon as the breeze kicks up to 15-20 knots, most people leave the beach!

Gippsland Ports will be producing a detailed map of the changes, but at the time of publishing the Gritty Truth, they aren't yet available.

In the interim, I'd suggest you get out there, get amongst it, but take a moment to check out the markers.

As a post script:

Thinking we had sorted this issue out, we patted ourselves

on the back and thought about the great outcome...then we took a look at the proposed changes, and realized that Area 45 (Maher's Landing) had been designated as a 5 knot zone!

Back to the drawing board, and a few more email exchanges, along with a community meeting and we were able to get some changes that will allow speed sailing on the fantastic mudbanks in the area. More of that in the next edition...

Big breezes, Mick



PETER HART TECHNIQUE—HAPPY FALLING

IN this high-speed society where that most precious commodity, spare time, is squeezed daily to the point of nonexistence, what we all desire is more reward for less effort. The advertising people are only too aware of it; hence we're bombarded with promises of "8 minute abs" rather than, "The long, detailed, painstaking

road to weight loss." When it comes to sport and recreation, the prospects of the ambitious amateur seem bleak when we're informed the only route to the top is via a minimum 10,000 hours of practice. Given a complex action, the golf swing, the tennis backhand, a twisting somersault, that is how long, we've been told, it takes the brain to join together a web of new circuits that allow you to repeat a certain action instinctively and flawlessly time and time again.



Learning to plane and get in the straps, you have to bear away with a big sail - on the road you will inevitably catapult. Rita from Adelaide goes down with style but is learning all the way. Thanks to happy conditions, the right kit and so the right level of failure, she had it cracked in a couple of days. Photo by Peter Hart

It's especially bad news for improving windsurfers. Time alone isn't sufficient; nor do we just need time on the water; we need time on the water when conditions are

Harty takes a sideways look at the business of improving by challenging the way we practice, perform and deal with failure.

good and suitable for learning the thing we want to learn.

Unless you've had a bit of recent luck with 6 numbers or have found a job counting shells on a Hawaiian beach (don't scoff, I know a bloke who found such a job) then there's not much you can do to extend that on-the-water time. However, there is a lot you can do to make better use of it.

Failure is currently something of a sexy subject especially in business. A thread through the biography of the late Steve Jobs is about how

2. The Thrash Zone

This is the other end of the spectrum. It's the beginner skier trying to negotiate a black run (the steepest), falling most of the time and so far out of their comfort zone that they don't have the skills to control the situation. If they do make a good turn, they have no idea why or how to repeat it.

In windsurfing most of have spent many gruelling hours in the thrash zone. It can be brought on either by conditions, which are way over

he was driven and inspired by failure. It's the same with a lot high achievers. Richard Branson, Bill Gates, David Beckham (no, really) all at some stage have screwed up spectacularly, and then gone onto to be stronger, wiser and a lot richer. Recruiters in Silicone valley now regard a failure or two as a positive on someone's CV. But it does all depend on how you fail.

We can identify 3 performance zones.

1. The Comfort Zone

It's a familiar expression across many fields of endeavour from

your head or by going for a move while lies outside your skill set. It's going for a full planing gybe when you still can't get into the back strap and are terrified by the speed of a broad reach. You bear away, trip and get flung

sport to business to wooing a new partner. It's where you're relaxed, succeeding, totally in control of the situation and performing well within your limits unchallenged mentally or physically.

I see a lot of 'comfort zone' windsurfing. It's the intermediate that knows his patch intimately and only goes for carve gybes in that flat spot behind the little headland next to the clubhouse. It's only a criticism if the aim is to improve. In comfort zones, egos can raise their ugly heads and breed an attitude of 'to fall is to fail' and 'wet hair bad, dry hair good.'

onto the sail. It's a crash that happens too suddenly and violently for you to extract anything posi-



The right falls are the ones where, when trying something new, you knew what went wrong and what to do about it, even before splash down. Photo by Dave White

PETER HART TECHNIQUE—HAPPY FALLING

tive. And it's when you repeat it a few times that really bad defensive habits can form. Do your utmost to flee the thrash zone. It's a destructive place both mentally and physically.

Aspiring loopers, who despite years of aspiring, still can not pull the trigger in the right way, have certainly spent too long in the thrash zone, which has shaped their whole relationship with the move. A good coach (and that may be yourself) should haul you off the water and instigate a new plan when they see you repeat the exact same fall more than 3 times.

3. Happy Falls – the sweet spot.

This is where we want to be. It's that spot where you're tested but not terrified; challenged by the conditions and/or the environment but have a feeling for what is happening. In charge of your own destiny, you must surface from each wipe, replay it in your head and decide whether you're any the wiser or just sorer. Good falls open a door. In the Vulcan, an opportunity for repeated wipes if ever there was one, it's that moment where for the first time, you didn't just pop and whiplash as the tail caught, but where you

got that first momentary sensation of sliding backwards on the nose. During loop training sessions I have seen people emerge from horrible crashes punching the air with delight; because although they slammed violently onto their buttocks, they felt the nose actually rotate through the wind. At that moment a blinding light shone from a very dark tunnel. In the



Forward loops and vulcans are probably the moves where people spend longest in the 'thrash zone,' falling repeatedly and violently in the same spot with no feeling of improvement. Photo by Matt Buza

carve gybe, it might be that feeling of holding the edge a little longer than usual, and where despite tripping over the straps, they got a feeling of accelerating through the wind and out of the turn, rather levelling off and stalling on the tail. All those falls at least provided a positive sensation and inspiration to return and build.

IN SEARCH of FLOW

The state of being all performers - sportsmen, musicians, chess players - search for is what they call 'flow.' In common parlance it's being 'in the zone' – a feeling of

relaxed concentration where your skills are perfectly matched to the task. You're in the perfect place between bored and stressed. There's an element of automaticity, a feeling in wind-surfing of the board sailing itself.

From a medical standpoint, when you have 'flow,' activity in the pre-frontal cortex of the brain is greatly reduced. That's the area associated with cognitive processes and which lights up when you're thinking about things or working them out for the first time.

I was at an Olympic test diving event at the Aquatic centre last week. It was the 10 metre platform event – the big scary one. Here was 'flow' in action. It takes just over a second from take-off to smacking the water within which time the champion Qui Bo squeezed in 4.5 somersaults and pierced the water in perfect form without a ripple. There is no time for logical thought. He extends his ankles and from that moment something automatic and wholly wonderful takes over.

In windsurfing, 'flow' is para-

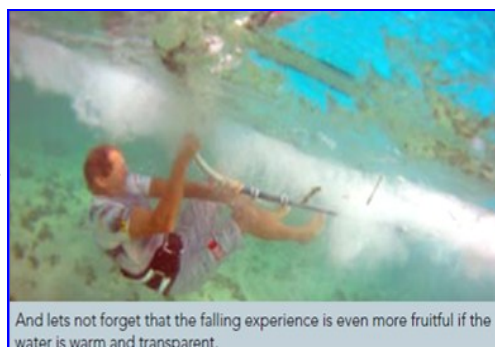
mount. A gybe, a tack, a 'Chacho' all involve a series of interconnecting skills that have to blend in sequence within an all too short time frame (a gybe should last not much more than 4 seconds) and demand that you react to changing wind and water. If for a moment you try to process verbal instructions ("pass front hand under back hand, twist foot out of strap ... etc"), you freeze to a halt.

The problem is that we associate

flow with the pro and that mountainous 10,000 hours of practice.

Volume of practice is always going to be important if you aspire to greatness but research is showing that by being smart about the way you practice and employing a few mental strategies, you can

experience flow at a much lower level with a lot fewer hours. In fact in just a couple of minutes a day.



And lets not forget that the falling experience is even more fruitful if the water is warm and transparent.

"They say the best place to be for learning is somewhere between your Comfort Zone and your Thrash Zone."

PETER HART TECHNIQUE—HAPPY FALLING

Main course or Tapas ?

My favourite meal is 'tapas' or Greek 'Meze' where at various times small and varied dishes arrive on the table. They somehow seem tastier and more desirable for being smaller.

By contrast in the US when I'm presented with a plate and a portion that would feed a small village, the very sight of it can kill my hunger. It's just too big a task and I don't know where to start. With people who want to have fun as well as get better, I'm finding more and more that in terms of technical practice, less (but good quality 'less') IS more. We're returning to the 'intense' theme. Imagine you're a pianist practicing for a recital, would you think it best to spend an hour playing the piece through ten times; or to isolate a phrase that was tripping you up and focus on it intently for 5 minutes. The latter is generally more fun and more fruitful. If you're going out for a 2 hour session, isolate just one element of a move that is confounding you and practice it intently for just 5 minutes.

Examples.

Hooking in and out.

It can be right old heave ho which in strong winds absorbs a lot of strength and energy and leaves people out of balance. But if you just hook in and out as many times as possible for 2 minutes on a reach, you get to know where the line is in relation to the hook without looking down. You work out that actually you don't need muscle power. You can do it with extended arms just by pulling down and lifting the hips. You can do it without moving the rig. You can even do it one handed (the front hand).

Getting into straps.

If you're locked into long reaches, you don't get to practice the sequence often enough.

In a short session, as soon as you get in, sheet out, step out of them and do it again. It gets you moving and you develop a feel for where the straps are, again without looking down. Semi planing you can lift the front foot in and out just BY tucking the front – until you're doing it without effecting the trim.

Carve Gybes

There are so many elements you can isolate I don't now where to start. OK so the rig change feels messy. Get out in sub planing winds with a 5.5 and for 5 minutes just do sail 360s until you're handling the rig without looking at the boom or mast and your hands are automatically moving to the right places.

In planing conditions be even more focused than that, thinking about just one element of the rig change, like moving the hand back as you carve, or moving the front hand forward on the boom before the rig change.

And the final and most important findings are that you have to do whatever you have to do to your regime to make it enjoyable because people who are having fun are learning a lot more than those who aren't.

And ...smile!

"If you're going out for a 2 hour session, isolate just one element of a move that is confounding you and practice it intently for just 5 minutes."

THE TWO MINUTE PRACTICE STRATEGY
Performers of all genres seek 'flow,' that semi hypnotic state of relaxed concentration where with minimum brain intervention, you complete a complicated task seamlessly, beautifully, effortlessly. It's the state we associate with pros, who have put in the 10,000 hours, the minimum, it is claimed, needed to drill complex actions. Researches suggest now, however, that volume of practice can be less effective than shorter sessions, as little as two minutes, where you identify a specific element that has been giving you trouble and then focus on it intently. Then just go and have some fun. In windsurfing, this is the best way forward. Long reaches are the killer as they stop you repeating many of the actions that cause grief, like hooking in, moving easily into the straps, and of the course the gybe. In a 2 hour session, go and fill your boots but at least dedicate 5 minutes to isolating and perfecting a tricky detail.

The rig change is where many stumble because they don't do enough gybes to practise it. So much good would come spending a few minutes just flipping the rig focusing on just one element, like balancing it before release. Pic by Peter Hart

Most use too much effort to hook in, because they never consider it a skill worth practicing. But if for 2 minutes on a reach you hooked in and out 50 times, you'd discover you could do it without bending the arms... Pic by Peter Hart

...without looking down, without moving the rig and even do it one handed. Pic by Peter Hart

In the carve gybe, it's the carve wherein lies the root of most issues. So in a 5 minute carve-athon, think of nothing but holding that pressure through the toes to keep the board accelerating through the wind – and so overcome the dreaded downwind level out. Pic by Peter Hart

Once in the straps and settled, people are so relieved that it would take a howitzer to shift them. It will contradict your every instinct but spend a whole reach moving in and out of them, finding that position where you can move the foot without upsetting the trim – it's life-changing stuff. Pic by Peter Hart

And finally and most important of all, brain monitoring has revealed that you'll perform more instinctively and smoothly if you keep a smile on your face. I think we may have found the key! Pic by Peter Hart

Dougie seen at large



Pull in at the Grantville Pantry for not only the curiosity, but for the excellent food and coffee. Just make sure you mention that you are an IWC member and enjoy the chat.

The local's are wondering 'who is this Dougie', he seems to be popping up everywhere?

The latest sightings have been from the township of Grantville.



Bass Coast & Vic. Health Grants

This season IWC was the recipient of a Bass Coast & Vic. Health Grant that allowed us the opportunity to purchase some much needed equipment to serve both our members and the public.

We now have a great sunshade tent for protection, excellent for dodging the sun's rays and rainy weather. Flags show our presence and give easy wind speed and direction

clues. Also as part of the grant was the purchase of an accessibility sailing kit with a new board and rig. And as part of the safety aspect we have PFD's to keep afloat those in our care during lessons.

All this new kit and equipment has already been put to good use, with the benefits seen at all the events we have hosted this season so far; IWC presence is unmistakable when the

tent and flags are up, giving a visible focal point on the shore.

All this was made possible by the work of the committee, mostly Dan Poynton. Being an incorporated club, and having State registration through Yachting Victoria, has opened IWC to funding avenues such as this grant.

IWC has a great new place to cook and eat all those tasty sausages.





International Day of People with Disability Beach Festival

International Day of People with Disability Beach Festival...Roaring Success!!!

On Saturday 8 Dec the South Coast Access Alliance (SCAA) celebrated International Day of People with Disability by hosting a beach festival at Cowes Yacht Club. The SCAA is a network aiming to increase participation in local sport & recreation by people with disability; members include GippSport, South Coast Primary Care Partnership, Bass Coast Shire Council, South Gippsland Shire Council, Yooralla First Base, Moonya Community Services & SCOPE.

disability in every aspect of political, social, economic and cultural life.

was also a celebration showcasing best practice examples of local sporting groups who go above and beyond on being inclusive of people with disability.

I would personally like to thank the volunteers from the Inverloch Windsurfing Club for their assistance on the day by providing windsurfing as an activity for people to try. It was fantastic (as a keen windsurfer myself) to see so many people give the sport a go and genuinely enjoy not just the sport but the interaction with the coaches/volunteers.

Editor: Doug Hocken

Advertising : Mick Green

Layout and Publishing : Peter Nathan

inverlochwindsurf.org.au



IDPwD brings together individuals, businesses, community organisations, and governments from every corner of the world to celebrate and acknowledge the contributions, skills and achievements of people with disability.



As well as windsurfing we had nine other sports & beach activities available for people to try. These included:

2012 was the 20th anniversary of International Day of People with Disability (IDPwD), a United Nations sanctioned day that aims to promote an understanding of people with disability and encourage support for their dignity, rights and well-being. The day seeks to increase awareness of the benefits of the integration of people with

The beach festival, attended by over 100 people with disability and approximately 40 volunteers from local sports clubs, was aimed to promote awareness of beach access issues that may prevent people with disability from using the beach as an opportunity for leisure, sport & recreation. The day

- Sailing with Cowes Yacht Club;
- Sand Sculpting with Phillip Island local Ricardo Alves-Ferreira;
- Fishing with Rhyll Phillip Island Angling Club;

Thanks to Bass Coast and Vic Health for the grants that enabled IWC to purchase a tent, safe sailing flags, windsurfing board and rig, pfd's to help us take part in this event.

- Kiting with Go Kite Inverloch;
- Kayaking with Outthere Outdoor Activities;
- Stand Up Paddle Boarding with Inverloch Adventures;
- Bocce with Korumburra Bocce Club;
- Beach Volleyball with Vic-Beach; and

Frisbee Golf which was a demonstration as part of Bass Coast Shire's Healthy Communities Initiative.

The idea of using local clubs to provide the activities is to try and generate links between the participants and their local club. Hopefully participants try a sport or

activity that they haven't done before and want to continue with that sport in the future. If that link has already been made, it makes my job very easy! I would love to see the IWC take the next step and actively invite and encourage the people who tried windsurfing at this event to our other club events throughout the season.

This event has been hugely successful in raising awareness of the beach access needs for people with disability, hopefully as a result of events like this we can lobby for more accessible beaches so that the whole community can enjoy the sun, surf and sand like we do.

Again, my sincerest thanks to Doug and the rest of the motley crew that helped on the day. It is

genuinely appreciated.

Cheers

Dan Poynton

Access for All Abilities Program Manager, GippSport

