

PRESENTED BY  
**tracks.**

**SEAS  
THE  
Day** WOMEN'S  
SURF  
FESTIVAL  
SURFING AUSTRALIA

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AUSTRALIA**

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# FILM & PHOTOGRAPHY HUB

Hosted By Caz Emge

**SATURDAY**

22ND JUNE

11:00am

**“THROUGH HER LENS”**

PANEL

Speakers: Hannah Prewitt,  
Melissa Hoareau, Brydie Watson

12:00pm

**“LET ME SEA”  
PHOTOGRAPHY MEETS ART**

SPEAKER

Speaker: Tracey Naughton

1:00pm

**BREAKING DOWN BARRIERS**

Speaker: Cait Miers

3:00pm

**CAPTURING THE ESSENCE:  
THE POWER OF SURF  
STORY TELLING**

WORKSHOP

Speaker: Lauren Hill

**SUNDAY**

23RD JUNE

10:15am

**CAPTURING WAVES:  
A DIVE INTO WATER  
PHOTOGRAPHY**

SPEAKER

Speaker: Shannon Glasson

11:15am

**EMPOWERING  
PERSPECTIVES:  
WOMEN FILMMAKERS PANEL**

PANEL

Speaker: Clementine Bourke,  
Shannon Hayes

12:15pm

**“MAKING IT”  
FILM & DISCUSSION**

Speaker: India Robinson,  
Kate Allman

1:15pm

**“5 LESONS FROM FEMALE  
MEDIA POWERHOUSES”**

SPEAKER

Speaker: Alexa Hohenberg  
(Executive Film Producer)

2:15pm

**TRACKS MAGAZINE**

Speaker: Surprise Session



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# WOMEN OF SURF HUB

Hosted By Jess Grimwood

## SATURDAY

22ND JUNE

10:00am

### YOUNG & FREE SURFERS PANEL

Speakers: Maddy Hoffmann, Dimity Stoye

11:00am

### RISING TO VICTORY: WOMEN AS CHAMPIONS PANEL

Speakers: Chelsea Hedges,  
Pam Burrige, Em Dieters

12:00pm

### BIG WAVE BADASS BABES PANEL

Speakers: Laura Enever, Summa Longbottom

1:00pm

### PITCHING PARADISE

Speaker: Andy Kovszun (No Shoes No Worries)

2:00pm

### BOOK LAUNCH: PAULINE MENCZER'S SURF LIKE A WOMAN

Speaker: Pauline Menczer

## SUNDAY

23RD JUNE

10:00am

### MUMS OF SURFING PANEL

Speakers: Aliisa Bowery,  
Tracy Gilmore, Imogen Brown

11:00am

### WOMEN SHAPING THE SURF INDUSTRY PANEL

Speakers: Tori Gilkerson, Kate Wilcomes,  
Sally Mac, Sammie Walsh

12:00pm

### BECOMING A SURFER: A GUIDE

Speakers: Surfline, Surf Coach,  
Fin Specialist & Board Shaper

1:00pm

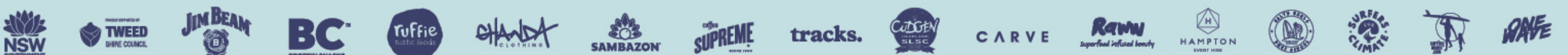
### AWAKE ACADEMY: KNOW YOURSELF, GROW YOURSELF WORKSHOP

Speaker: Layne Beachley

2:15pm

### THE TIDES OF A PROFESSIONAL SURFER'S CAREER PANEL

Speaker: Tully White, Kirra Molnar, Rachel Tilly



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# WELLNESS HUB

Hosted By Sarra Robertson

## SATURDAY

22ND JUNE

9:15am

### YOGA - FUSION WELLNESS WORKSHOP

Speaker: Georgie Clark

10:15am

### THE FEMALE SURFER WORKSHOP

Train Like A Female, Because You Are One  
Speaker: Candice Land

11:30am

### EMPOWER YOUR LUNGS: WORKSHOP

Apnea Breath Training  
Speaker: Sally Howe (Flowstate MBM)

1:00pm

### THE MINDFUL SURFER

Speaker: Sarra Robertson (Land and Sea Therapy)

2:15pm

### PERFORMANCE DIETITIAN FOR THE "MATILDAS" WORKSHOP

Female Nutrition Workshop  
Speaker: Alicia Edge

3:15pm

### ONE WAVE IS ALL IT TAKES

Mental Health Awareness  
Speaker: Joey Hurl

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Apnea Breathwork  
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2:00pm

### WOMEN'S HEALTH WORKSHOP

Speaker: Eva Rose (Women's Natural Health)

