

SATURDAY 21ST JUNE

FESTIVAL PROGRAM



ruffie

rustic foods

RUFFIE WELLNESS HUB

Hosted by Liv Phyland

nutra

organics

NUTRA ORGANICS STAGE

Hosted by Jesse Starling

tracks.

TRACKS STAGE

Hosted by Kate Allman

8:30				8:30		
8:45				8:45		
9:00	Yoga - Fusion Wellness (WORKSHOP)			9:00		
9:15				9:15		
9:30				9:30		
9:45				9:45		
10:00	“Optimising the Surfer’s Edge: The Role of the Jaw, Airway, and Breathing” FLOW STATE MBM – SALLY HOWE (WORKSHOP)	“On the Shoulders of Giants, Legends of Surfing” JODIE COOPER, PAM BURRIDGE, PAULINE MENCZER (Q&A)	“How to Be a Surfing Mum: Navigating the Transition” CHELSEA HEDGES (WORLD CHAMPION) (Q&A)	10:00		
10:15				10:15		
10:30				10:30		
10:45				10:45		
11:00	“Balance to Board: Unlocking the Power of Your Feet” THE FEMALE SURFER – CANDICE LAND (WORKSHOP)	“Conversations with Lilliana Bowrey” LILLIANA BOWREY (FILM & Q&A)	“Rising to Victory: Wendy Botha” WENDY BOTHA (Q&A)	11:00		
11:15						11:15
11:30						11:30
11:45						11:45
12:00				12:00		
12:15	“Olympic Sports Dietitian” SALLY WALKER – ADVANCED SPORTS DIETITIAN (WORKSHOP)	“Surfers For Climate” BELINDA BAGGS & TULLY WHITE (Q&A)	“Tides of Change: Celebrating Indigenous Female Surfers” AMBER MERCY, BOHDI SIMMON, LEIHANI ZORIC, JODIE BARSBY , MELISSA COMBO (Q&A)	12:15		
12:30						12:30
12:45						12:45
1:00				1:00		
1:15	“Surf Conditioning for Female Youth” THE FEMALE SURFER– CANDICE LAND (WORKSHOP)	“Through Her Lens” BEATRIZ RYDER (Q&A)	“On Business, Balance and Bold Moves” JANINE ALLIS (KEYNOTE)	1:15		
1:30						1:30
1:45						1:45
2:00				2:00		
2:15	“Queen in Me” INDIA ROBINSON (Q&A)	“Rise Program : Grant For Women In Surfing - Surfing Australia” SHANICE RYDER – WOMEN’S PARTICIPATION & DEVELOPMENT MANAGER LUKE MADDEN – CHIEF OF SPORT (Q & A)	“4x World Para Surfing Champion” SAMANTHA BLOOM (Q&A)	2:15		
2:30						2:30
2:45						2:45
3:00				3:00		
3:15	“Surf Sisters: The Healing Power of Waves” ONE WAVE (Q&A)			3:15		
3:30				3:30		
3:45				3:45		
4:00				4:00		



RUFFIE WELLNESS HUB

Hosted by Liv Phyland



NUTRA ORGANICS STAGE

Hosted by Jesse Starling

tracks.

TRACKS STAGE

Hosted by Kate Allman

8:30				8:30	
8:45				8:45	
9:00	Yoga - Fusion Wellness (WORKSHOP)			9:00	
9:15				9:15	
9:30				9:30	
9:45				9:45	
10:00		“The Mindful Surfer: The Social Psychology of Surfing” LAND & SEA THERAPY – SARRA ROBERTSON (SPEAKER / Q&A)	“Next Gen: What is it like to be a Pro Junior Surfer in 2025?” QUINCY SYMONDS, LEIHANI ZORIC (Q&A)	“We Shouldn’t Be Friends” Tales from a world where everyone surfs NICK CARROL & HANNAH ANDERSON (LIVE PODCAST)	10:00
10:15					
10:30				10:30	
10:45				10:45	
11:00			“Salty Strokes” HEIDI O’BRIEN ART & TRACY NAUGHTON – LET ME SEA (Q&A)	“Reflecting on the Extended Women’s WSL Tour & New Format” INDIA ROBINSON & SOPHIE MCCULLOCH (Q&A)	11:00
11:15					11:15
11:30	“Optimising the Surfer’s Edge: The Role of the Jaw, Airway, and Breathing” FLOW STATE MBM – SALLY HOWE (WORKSHOP)			11:30	
11:45				11:45	
12:00		“Women Shaping the Surf Industry” ANNA CONSTABLE (SHE CREATIVE ARMY) AVALON STARICK (AVALON DESIGNS) – (Q&A)	“Awake Academy: Know Yourself, Grow Yourself” LAYNE BEACHLEY (SPEAKER)	12:00	
12:15				12:15	
12:30				12:30	
12:45				12:45	
1:00	“Fuel your Flow - Eat smart, surf strong” SALLY ANDERSON – ADVANCED SPORTS DIETITIAN (WORKSHOP)	“Vision and Vibes: A Creative Vision Board” LEIHANI ZORIC (WORKSHOP)			1:00
1:15				“Lost at Sea” STEPH WEISSE (Q&A)	1:15
1:30					1:30
1:45		Icebaths (WORKSHOP)			1:45
2:00					2:00
2:15	“The Surfer’s Circle: Decoding the Lineup” LAND & SEA THERAPY- SARRA ROBERTSON (WORKSHOP)		“Power of Ocean Therapy” EM DIETERS – NORTHERN BEACHES PARA SURFER BOARDRIDERS, TAHLIA ANDERSON – SURFING THE SPECTRUM, AND EMMA BRACKEN – ABILITY SURF (Q&A)	2:15	
2:30				2:30	
2:45				2:45	
3:00				3:00	