



TOM CARROLL: SUMMER LEGEND

YEARS OF MULTIPLE INJURIES AND OVER A DECADE OF RIDING HIGH ON THE HECTIC SURF PRO-CIRCUIT HAVEN'T STOPPED **TOM CARROLL**.

Surfing legend Tom Carroll was the 80s golden boy of the surfing pro-circuit, winning his first Pro Junior Title in 1977 at just 16. In the following decade until his retirement in 1993, the Newport (Sydney) surfer had 26 career world tour victories including three Pipe Masters and two world titles. With such a prestigious collection of accolades, it is only fitting that Tom has also been inducted into the Australian and USA's Huntington Beach Surfing Hall of Fame as one of the greatest surfers of all time.

As well as his ability to rip up a wave, Tom is remembered as the first goofy footed (right foot forward stance) world champion surfer and the first to secure a million dollar contract with long-time backer, Quiksilver.

Although he's had his fair share of injuries Tom has continued his surfing profile long after his golden years. Loving all surf conditions, he now focuses his attention on the big stuff, which is code for 'huge waves' (i.e., anything over 6m but in reality more like the 10m to 15m mark!). 'I think it was in the late or mid-90s that I started focusing on using a jet-ski to get out in the bigger waves that we couldn't paddle in to, or at that time we thought we couldn't paddle in to,' he says. So how do you train for these powerful waves? 'The body takes a lot more of a pounding [in big wave surfing]. There's a different fitness preparation, with a lot more strength required to



hold the body together and support the skeletal system, tendons and ligaments,' says Tom. 'I surf, do weight training and core balance training on Swissballs. Swimming and open-ocean paddling, things like that where you are challenged in your environment' he says, are the mainstay of his training.

Teaming up with fellow Aussie big wave surfer and pal, Ross Clarke-Jones, their Imax film *Storm Surfers*, a 3D feature that sees them chasing storm surf around the world, has just wound up airing. In it, they prove that you're never too old, they tackle waves that surfers half their age wouldn't attempt.'

So how does it feel being older and taking on such a physical and mental challenge? 'I feel better mentally, more prepared and clear about who I am

and I understand my limits better. I've got a clear insight into where to move and how to move. I've got a lot better knowledge of my environment and my equipment,' Tom explains. 'I have to work smarter.'

He adds, 'I'm much more mindful on my intake of certain things. I've completely reduced alcohol and I'm a much calmer person in general. I'm just much more relaxed and don't need to go out, to always be somewhere. That takes a lot of strain off. I understand that a sacrifice here and there is beneficial and I also understand that putting the time in where and when I don't want to, really works for me,' Tom says.

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