

Catching a career wave

A beach volleyballer has met the challenge of losing an Olympic dream, writes **Jayita A Belcourt**.

Former international beach volleyball player Raine Busch says one of the most difficult periods in her life was the moment her sporting career came to a halt. With no playing partner and limited funds to spur her on, she knew something had to shift. But for talented and hard-working people such as Busch, giving up on a childhood dream, let alone the prospect of representing your nation at the next Olympics, was surely no easy option.

"I was really pissed off and upset at how political my career had run," says Busch, 31, reflecting on a disappointing finish to the 2008 season that saw her miss qualification for the Beijing Olympics. "I just needed a little break," she says.

A soul-searching globe-trot that included a stop in Indonesia provided the inspiration she so desperately needed. "I got to experience what life was really like without waking up thinking about a gold medal every day. I honestly thought it was going to be really crap," Busch says. "But then surfing and yoga came into my life, and I was, like, life is actually quite fun."

Fast forward a few years and Busch holds a swag of certifications under her belt - yoga teacher, English teacher and qualified Swiss masseur. At a crossroads, Busch made the decision to channel her energy into surf coaching. She wanted to focus on women, combine it with the ancient art of yoga and mindfulness techniques, and integrate it with her passion to empower others. And so, in February 2013, Chix Surfin was born.

Busch now runs regular retreats from November to May each year, offering clients the opportunity to unwind and relax on Queensland's peaceful North Stradbroke Island. From organic vegan breakfasts to daily stretching on coastal mountains that



instil a sense of tranquility and balance to one's being, through to meticulous instruction assuring participants of catching their "first-ever" wave, Busch believes participants come together for a truly life-transforming experience.

"Universally and energetically, I believe that everyone comes for a real purpose - it's not just about the surfing and the yoga. That is what we physically do, but everyone gets something that's magic when they are here with us."

And the women-only surf camp seems to be living up to expectations. Participant Kate Webster relishes the opportunity it afforded her.

"It was more than just learning to relax and respect your body during the yoga," she says. "It was more than learning how to stand up on a surfboard and ride a wave. It was a life-changing moment where if I had never

Believe in yourself: Raine Busch at Chix Surfin says everyone gets something magical from the experience.

Photo: Eve Fisher

taken the plunge to try all these things, I wouldn't have discovered an alternative perspective on life."

As impressive as this sounds, it hasn't been all smooth sailing for Busch who admits running a business is not always easy. Pinpointing her greatest challenge as demystifying the legislative framework and competitive arena in which she must operate, Busch regularly harnesses the lessons from her professional sporting days to propel her.

"My coach's [Steve Anderson] whole philosophy is that no one was born a champion; we become a champion by the challenges that we take on," Busch says. "It seems that anything is possible when you believe in yourself and you have the confidence to go out and achieve it."

Business owner Tamika Hilder, who runs Holistic Wellness Coaching on the

Gold Coast, highlights the need to set manageable goals and remain resolute despite setbacks.

"Growing a successful business is not hard, but it definitely requires someone who is 100 per cent committed and determined," Hilder says. "Stay focused on your end result, your target and the big vision every day. You have to be willing to stick with it when times are tough."

Busch believes you need to surround yourself with people who believe in you, dream big and enjoy the ride. In the next few years she aims to inspire more women to follow their hearts, both on and off the water.

"From my experience, once you decide what you want the universe delivers. Enjoy the challenges - they keep you on track to make sure you really do want to live your dreams. And smile."



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