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| Boat | Location | Water Type & Conditions | Weather Conditions | Tutor | Time (hours) |
| Bahia | Mount Batten | **HW:** 06:56 (5.51 metres)  **LW**: 13:45 (0.56 metres)  **HW:** 19:28 (5.37 metres) | **Weather Forecast:** 14°c (feels like 13°c), Overcast, WNW winds averaging 10 mph (gusts up to 11 mph) | Fiona Nicolles,  Dr. Mark Leather | 6 hours |

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| **What I noticed or learned about:** |  |
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| My **self** | This was the first day of my Sailing practicals with Plymouth Marjon University. The most notibale events only occurred through the demonstrsting of learning to ‘Rig’ a ‘Bahia’, a type of dighy that has two sails. Of which, is mainly sailed with two persons. For me personally it was a challenge of understanding the language used and with so many ropes pulling different parts of the dinghy, it put me off balance. This is something I aim to independantly learn in my own time and space. However, from much of this session I had learnt my role in sailing such as the differentiation between who is ‘crewing’ and who is ‘helming’. |
| **Others** in the Group | It was highly noticable of the majority of the groups morale when considerding the thought of sailing. I believe this is due to the element of their in-experience of the sport where they will be practically assessed and the thought of being cold and wet from potentially capsizing. I believe others in the group had felt fustrated with my level of understanding of knowing how to ‘rig ‘ a ‘Bahia’. |
| The **environment** around me | When I anticipated what sailing will be like, I thought of previous days of sailing with my sixth form where the evrionment around me prevented me from learning, due to weather conditions being so severe. Which is mostly why still feel new to the sport of sailing. |
| **How I felt about the challenges:** |  |
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| **Physica**l – e.g. comfort, fitness, skill acquisition, | I felt comfortable with sailing and phyiscally capable. My skill acquision was limited by the fact that the language used hindered my ability to understand. |
| **Mental** – understanding, problem solving, | I had understood what was expected and completed them to my best efforts. This still was not enough, I feel that my assessment on this sport will be a very low score due to my level of understanding being so lttle. |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | Emotionally I did not feel good about my level of knowledge that I should be picking up on. Yet, I was not even on the water. I felt like I was in my comfort zone but in comparison to the likes of Ellen MacArther, it was an easy day, which to me was an intimidating stance, if I am to further my sailing experiences. |

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| **Other notable events:** |
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| **Targets and Goals:** |
| * Learn the language of sailing. * Better myself at rigging a Bahia * Research more on sailing for the next day. |