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| Boat | Location | Water Type & Conditions | Weather Conditions | Tutor | Time (hours) |
| Bahia | Mount Batten | **HW:** 07:43 (5.31 metres)  **LW**: 15:03 (1.26 metres)  **HW:** 20:07 (5.35 metres) | **Weather Forecast:** 10°c (feels like 7°c), Overcast, S winds averaging 13 mph (gusts up to 16 mph) | Fiona Nicolles,  Dr. Mark Leather | 6 hours  Date: 21/03/2017 |

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| **What I noticed or learned about:** |  |
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| My **self** | This was the second day of my Sailing practicals with Plymouth Marjon University. The most notibale events occurred whilst sailing. My independent study tasks that I had set myself had proved its worth. I was finally grapsing the knowledge of rigging a Bahia with little supevision from lecturers. I had found that before I was challenged by others in the group I could almost know when a gust of wind would occur by looking at the surface of the water. |
| **Others** in the Group | Others in the group felt like it was appriopriate to challenge me to doing manouvres outside of my own ability to sail. For me this was an incomfrotable setting. In addition, it was clear tat others were finding the ability to interpritate the winds more effectivly and better than my judgement. |
| 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. In addition, I had felt more environmentally aware, where I would pick up other peoples rubbish to prevent littering that could effect marine life. |
| **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 on the increase I can now rig a bahia successfully. |
| **Mental** – understanding, problem solving, | I had understood what was expected and completed them to my best efforts. For future purposes it may be worth not responding to others in the group taking me off task. |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | Emotionally I felt uncomfortable with what I was doing and outside my comfort zone. However, it was a great day for sailing. |

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| **Other notable events:** |
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| **Targets and Goals:** |
| * To focus more on points of sail * To interpret the wind more effectively * To learn at my own pace than others paces to prevent confusion and being put off task * Research more on sailing for the next day. |