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| Boat | Location  | Water Type & Conditions | Weather Conditions | Tutor | Time (hours) |
| Bahia | Mount Batten | **HW:** 06:37 (5.37 metres)**LW**: 14:56 (0.39 metres) **HW:** 20:01 (5.25 metres)   | **Weather Forecast:** 14°c (feels like 11°c), Sunny-Passing cloud coverage, N winds averaging 06 mph (gusts up to 11 mph)  | Fiona Nicolles,Dr. Mark Leather | 6 hoursDate: 04/04/2017 |

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| **What I noticed or learned about:** |  |
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| My **self** | This was the final day of my Sailing practicals with Plymouth Marjon University. I found myself blindly obieding to whatever was asked of me. Something I should not be doing, as it involved me no standing up and making descisions with this being the final day of the practical assessment, I should have been more proactive. I had found my theoritcal knowledge of sailing had increased but I could do with more practical days of sailing in order to progress.  |
| **Others** in the Group | Others in the group were finding themselves leading whilst helming, whilst crewing I could see others had felt more confindent and sailing savvy. At the same time they had managed to support my sailing amibitons by forcing me to helm. This was out of my comfort zone but not too far where it hindered my learning and experience. For me this was a massive boost in self-esteem. |
| The **environment** around me | The environment played a key part in my learning. Through my mistakes I had found the time to do some reading on what possible affects of not lifting the daggerboard in time and can have on the environment, especially reefs. The break water holds one of the largest reefs in the United Kingodm, and every year reefs are destroyed by waterbased activities.  |
| **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, I should be more confident with myself and take the lead. |
| **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 area outside my comfort zone that beenfited my learning and practice of 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.
* Organise more sailing days.
* Research more on sailing.
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