# WINDSURFING SENSATIONS

## WATCH · LOOK · SEE

- swells breaking
- smooth ruffled water texture
- gust/lull upwind or ahead
- water color
  - green or gorge
  - blues in Margi
- pale back side of leaves
- other sailors ahead, around, behind
- sails glowing w/ early/late day sun
- clouds upwind, overhead, coming, going
- "clouds in the hole"
- misty morning
- forming thunderhead
- waves jacking up
- swells to mush down
- seagulls hovering
- Mt. Hood
- Mt. Adams
- frenzy rigging / parking
- whitecap density
- swell size (height)
- spray droplet size
- sail size
- sailor skill
- sailing angle
- wind filled in across river

## LISTEN · HEAR

- esp. on OP waterstarts, leech rattling
- board planing thru water
- slap on waves
- boom whistling
- "pop" on jibe
- barge - 5 honks
- sailor behind / upwind
- wind in the trees & leaves
  - esp. cottonwoods
- other sailors boards sailing, jibing, cutting (from distance)
- crisp "thwack" of a big race sail being jibed
- sailors talking
  - what'd you rig?
  - how was it?
  - having fun?
  - how was your session?
  - what's it doing out there?
  - is it coming up?
  - is it dying?
- trains
  - distant horn
  - whistle
  - rattle
  - screech

## FEEL · SENSE

- foot steer
- turns in swells
- flatten board
- edge board
- water drips from hair
- water in wetsuit warms & flows
- flex & extend ankles, knees, hips
- adjust center of balance
- cool water seeping into wetsuit at launch
- warm sun on skin of torso & arms
- wind on the back of my hair
- balance the wind on both ears
- board speed
  - dropping off: flatten, broad reach
  - accelerating: lean back, weight harness, drive upwind
- death grip on boom: lighten up, relax, go w/ the flow
- waterstarting
  - find balance point
  - test wind strength
  - spring up
  - weight boom
  - shift in & out
  - accelerate - unweight feet, legs, hips
  - river water in sinuses

## SMELL · TASTE

- diesel from barge
- smoke from wildfires
- "dawn patrol" coffee
- seaweed
- fish
- sunscreen
- "eau de wetsuit"

## SKILLS:

- OBSERVE
- ANALYZE
- ANTICIPATE
- RESPOND
- REACT
- FORMULATE OPTIONS
- CHOOSE
- ACT
- REFLECT
- SYNTHESIZE
- PLAN
- AWARENESS
- HARMONIZING
- HARNESSING THE POWER AVAILABLE TO YOU
- CONSTANT ASSESSMENT & ADJUSTMENT

BALANCE CENTER

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