

# Sailing

## Physical activity and the outdoors Diamond Challenge

I started Learn to Sail 2 in October. My coaches were Mark and Kevin. In my group I had Angus, Thomas, Ben Davis, Ben Baynes, myself and Hana. We trained every second week on Mondays and Tuesdays. It all went well but one day I capsized and I was trying to turn my boat over by pulling my centreboard and it snapped!



In the school holidays there was a summer camp that I went to. At that summer camp I got promoted into Green fleet. In Green fleet my group was Angus, Wilson, Mathew, myself and Ben Baynes. In that group we were learning to race and so we had to practice starts. My coach in that group was Guillermo, he comes from Argentina. To finish my sailing for 2010/2011 I took part in the Canterbury Championships Regatta which was my first regatta and I got 4<sup>th</sup>. 7 people did the Regatta in Green fleet.

Over all this season I am pleased with what I have achieved and I will be looking forward to next season.





