



Surfing and Windsurfing (Sports to the Extreme)

Jamie Poolos, J Poolos

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One of the most popular and exciting water sports in the world, surfing has a rich history dating back to at least the eighteenth century. The International Surfing Association estimates there are more than twentythree million surfers worldwide. Windsurfing's popularity peaked in 1984, but by the mid-1990s, it began a rapid decline. Today, however, the sport is again gaining momentum, and younger generations are learning what a fun and exciting sport it is. Readers will learn the history of both sports, the skills and equipment needed to participate in them, and how to surf and windsurf safely.



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