



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 twenty-three 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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