

# ILLUSTRATED SWIMMING, DIVING, AND SURFING DICTIONARY FOR YOUNG PEOPLE pdf

## 1: Surf Books | The Ultimate List

*Illustrated Swimming, Diving, and Surfing Dictionary for Young People [Diana C. Gleasner] on www.enganchecubano.com \*FREE\* shipping on qualifying offers. A dictionary of terms used in three water sports, each identified by a symbol: swimming by a figure in the crawl stroke position.*

The unbroken part of the wave. Fakie This is where someone rides backwards on the surfboard, tail first. This is a type of fin that is fully removable from the surfboard. Fin The fin is the curved bit hanging down under your surfboard that you keep bashing when you tie your surfboard to the roof of your car. Firing Firing is the same as "going off", where the surf is really good and the waves are breaking nicely. Fish A type of surfboard shape, shorter and thicker than a standard shortboard. Fish surfboards are for surfing smaller waves. Floater Riding over the whitewater back onto the shoulder of the wave you may need to consult the terms list further to understand this answer fully. Foam The broken part of a wave, another term for "Whitewater" or "Soup". Foamies These are either whitewater waves or surfboards that are made out of foam. Foil The rate of change of thickness of a surfboard from the nose to the tail. Frontside Surfing with your front towards the wave. A regular footed surfer going right or a goofy footed surfer going left will be surfing frontside. The opposite is backside. Froth The foam left after a wave has broken. Frube A surfer who does not catch a wave for the whole time they are in the water. Fullsuit Wetsuit with full arms and legs. See the types of wetsuits. Funboard A mid-length surfboard, often know as a minimal; see funboard examples here. Gidget This is the nickname of the title character created in a novel by Frederick Kohner and adapted for three further films. Gidget is a contraction of "girl midget," which is why it went on to be used to describe small female surfers. Glass Job The fibreglass finish on a surfboard. Glassy This is ultra-clean surf without a ripple that often looks like glass. [Click here to see a glassy wave.](#)

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## 2: Swimsuit - Wikipedia

*A dictionary of terms used in three water sports, each identified by a symbol: swimming by a figure in the crawl stroke position, diving by a figure bent into diving position, and surfing by a crested wave.*

Fluid is not a natural medium for sustaining human life after the fetal stage; human respiration requires ventilation with air. In Greece and Rome swimming was a part of martial training and was, with the alphabet, also part of elementary education for males. In the Orient swimming dates back at least to the 1st century bce, there being some evidence of swimming races then in Japan. By the 17th century an imperial edict had made the teaching of swimming compulsory in the schools. Organized swimming events were held in the 19th century before Japan was opened to the Western world. Among the preliterate maritime peoples of the Pacific, swimming was evidently learned by children about the time they walked, or even before. Among the ancient Greeks there is note of occasional races, and a famous boxer swam as part of his training. The Romans built swimming pools, distinct from their baths. In the 1st century bce the Roman Gaius Maecenas is said to have built the first heated swimming pool. The lack of swimming in Europe during the Middle Ages is explained by some authorities as having been caused by a fear that swimming spread infection and caused epidemics. There is some evidence of swimming at seashore resorts of Great Britain in the late 17th century, evidently in conjunction with water therapy. Not until the 19th century, however, did the popularity of swimming as both recreation and sport begin in earnest. When the first swimming organization was formed there in , London had six indoor pools with diving boards. The first swimming championship was a yard metre race, held in Australia in and annually thereafter. The Metropolitan Swimming Clubs of London, founded in , ultimately became the Amateur Swimming Association, the governing body of British amateur swimming. National swimming federations were formed in several European countries from to . Competitive swimming Internationally, competitive swimming came into prominence with its inclusion in the modern Olympic Games from their inception in . Such oddities disappeared after FINA took charge. Under FINA regulations, for both Olympic and other world competition, race lengths came increasingly to be measured in metres, and in world records for yard-measured races were abolished. The kinds of strokes allowed were reduced to freestyle crawl, backstroke, breaststroke, and butterfly. All four strokes were used in individual medley races. Instruction and training The earliest instruction programs were in Great Britain in the 19th century, both for sport and for lifesaving. Those programs were copied in the rest of Europe. In the United States swimming instruction for lifesaving purposes began under the auspices of the American Red Cross in . Instructional work done by the various branches of the armed forces during both World Wars I and II was very effective in promoting swimming. Courses taught by community organizations and schools, extending ultimately to very young infants, became common. The early practice of simply swimming as much as possible at every workout was replaced by interval training and repeat training by the late s. Interval training consists of a series of swims of the same distance with controlled rest periods. In slow interval training, used primarily to develop endurance, the rest period is always shorter than the time taken to swim the prescribed distance. Fast interval training, used primarily to develop speed, permits rest periods long enough to allow almost complete recovery of the heart and breathing rate. The increased emphasis on international competition led to the growing availability of metre foot pools. Other adjuncts that improved both training and performance included wave-killing gutters for pools, racing lane markers that also reduce turbulence, cameras for underwater study of strokes, large clocks visible to swimmers, and electrically operated touch and timing devices. Since all world records have been expressed in hundredths of a second. Advances in swimsuit technology reached a head at the Olympic Games in Beijing , where swimmersâ€™wearing high-tech bodysuits that increased buoyancy and decreased water resistanceâ€™broke 25 world records. The sidestroke was originally used with both arms submerged. That practice was modified toward the end of the 19th century by bringing forward first one arm above the water, then the other, and then each in turn. The sidestroke was supplanted in competitive

swimming by the crawl see below but is still used in lifesaving and recreational swimming. The body stays on its side and the arms propel alternately. The leg motion used in sidestroke is called the scissors kick, in which the legs open slowly, under leg backward, upper leg forward, both knees slightly bent, and toes pointed. The scissoring action of the legs coming smartly together after opening creates the forward propulsion of the kick. The breaststroke is believed to be the oldest of strokes and is much used in lifesaving and recreational swimming as well as in competitive swimming. The stroke is especially effective in rough water. As early as the end of the 17th century, the stroke was described as consisting of a wide pull of the arms combined with a symmetrical action of the legs and simulating the movement of a swimming frog, hence the usual term frog kick. The stroke is performed lying face down in the water, the arms always remaining underwater. The early breaststroke featured a momentary glide at the completion of the frog kick. Later the competitive breaststroke eliminated the glide. In the old breaststroke, breath was taken in at the beginning of the arm stroke, but in the later style, breath was taken in near the end of the arm pull. The feet kick out and down and then come back together in the middle. The hands stretch forward from the body while the head is kept underwater. The hands widen at the surface and then pull down and out. The swimmer breathes during the pull and exhales underwater. The butterfly stroke, used only in competition, differs from the breaststroke in arm action. In the butterfly the arms are brought forward above the water. The stroke was brought to the attention of U. He insisted that his stroke conformed to the rules of breaststroke as then defined. After a period of controversy, the butterfly was recognized as a distinct competitive stroke in 1936. The frog kick originally used was abandoned for a fishtail dolphin kick, depending only on up-and-down movement of the legs. Later swimmers used two dolphin kicks to one arm pull. Breathing is done in sprint competition by raising the head every second or third stroke. The hands then move down the chest to the hips. The legs are kept together and thrust down like a flipper in a double rhythm matching the exit and entry of the hands from the water. Breath is inhaled while the hands are underwater. The backstroke began to develop early in the 20th century. The arms reach alternately above the head and enter the water directly in line with the shoulders, palm outward with the little finger entering the water first. The arm is pulled back to the thigh. There is a slight body roll. The kick was originally the frog kick, but it subsequently involved up-and-down leg movements as in the crawl. The backstroke is a competition stroke, but it is also used in recreational swimming as a rest from other strokes, frequently with minimum arm motion and only enough kick to maintain forward motion. The stroke begins with the arm reaching above the head and then entering the water palm out. The arm drives down and outward through the water, then turns at the elbow to sweep in toward the hip. Strokes alternate between arms, and breathing should match the rhythm of the stroke. The crawl, the stroke used in competitive freestyle swimming, has become the fastest of all strokes. It is also the almost unanimous choice of stroke for covering any considerable distance. The stroke was in use in the Pacific at the end of the 19th century and was taken up by the Australian swimmer Henry Wickham about 1850. The crawl was like the old sidestroke in its arm action, but it had a fluttering up-and-down leg action performed twice for each arm stroke. Early American imitators added an extra pair of leg actions, and later as many as six kicks were used. The kicks also varied in kind. In the crawl, the body lies prone, flat on the surface of the water, with the legs kept slightly under the water. The arms move alternately, timed so that one will start pulling just before the other has finished its pull, thus making propulsion continuous. Breathing is done by turning the head to either side during recovery of the arm from that side. Since the crawl has been used in more races than any other stroke. During recovery the arm is brought back toward the head, keeping the elbow raised above the body. Strokes alternate between arms. The swimmer exhales underwater and takes a breath when needed. Starts are all with the exception of the backstroke from a standing or forward-leaning position, the object being to get the longest possible glide before the stroke begins. All races are in multiples of the pool length, so that the touch before turning, which is varied for different stroke races, is important for success. In relay races, a swimmer finishes his leg of the relay by touching the starting edge of the pool, upon which his next teammate dives into the water to begin his leg. The hands are held one on top of the other with the head tucked under the arms. Once the momentum of

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the push off is lost, the swimmer resumes the stroke. Distance swimming Any swimming competition longer than 1, metres 1, yards is considered distance swimming. Most long-distance races are in the to km to mile range, though some, such as the Lake George marathon 67 km [ FINA governs distance swimming for 5-km, km, and km 3. Throughout the s the latter group sanctioned about eight professional marathons annually, the countries most frequently involved being Canada, Egypt, Italy, Argentina, and the United States. The first type of distance swimming to be regulated by FINA was English Channel swimming, which captured the popular imagination in the second half of the 19th century. Captain Matthew Webb of Great Britain was the first to make the crossing from Dover , England, to Calais , France, in ; his time was 21 hours 45 minutes. The map distance was Burgess, made the crossing. In the American swimmer Gertrude Ederle became the first woman to swim the Channel, crossing from Cap Gris-Nez, France, to Dover in a record-setting time for man or woman of 14 hours 31 minutes. Since then, except for the World War II years, crossing swims have been made annually.

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## 3: Meet Our SportsKid of the Year Finalists | SI Kids

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This is a famous Northern California surf spot. Step Into Liquid This is what happens when you go walking in puddles. Check it out at our video store: Stick Surfer slang for a surfboard. Stringer This is the bit of wood that runs up through the length of your surfboard. More info is available on the surfboard information page. Sucking Dry Where breaking waves cause all the water to be drawn off the sea bed, leaving it exposed. These guys are incredibly high profile and lobby endlessly to ensure all water users are surfing in clean water. Check them out at www. Everyone should become a member. Surfers Ear Surfers ear, or auditory exostosis, is an abnormal bone growth within the ear canal. Cold water surfers are particularly susceptible and should look at some form of prevention such as ear plugs. Surfers Eye Surfers eye is the slang term for Pterygiums, a medical issue which manifests itself as a clear, white, or pinkish membrane that grows over the inside corner of one or both eyes. Surfers Knots Soft-tissue swellings on the dorsum of the foot and just below the knee, as a result of kneeling for long periods of time on the surfboard while waiting for a wave. Swell Swell or groundswell refers to solid, real waves. As apposed to rubbish wind chop Why not read more on how waves are made. Switch Stance Riding the surfboard standing the other way round, i. Hang11 Tail This is the bit of the surfboard at the opposite end to the nose. Read more about surfboard tail shapes. For more info on the other bits of the surfboard, have a look at the surfboard section. Tailslide The tailslide is a move where the tail of the board slides across the lip of the wave. Thundoars Island slang for voice of thundering waters meaning large waves. Tow In Catching big waves with the aid of a Jet ski. Thruster Popular name for a tri-fin shortboard. Traction Pad A traction pad is a permanent replacement for surf wax, stuck directly to the surfboard. It is normally seen placed just in front of the leash plug, providing grip for back foot. Full length grip is available, but is not seen so often. You might find it referred to as deck grip, traction, or a riser pad. Trim Keeping the surfboard in a straight line at the optimum angle and cruising down the line. Tube The tube is public transportation in London. Oh, you mean Tube! Tubular Describes hollow, barreling waves. Turtle Roll This is a technique for getting a longboard out though a breaking wave. As apposed to duck diving for a shortboarder. See our how to turtle roll article for more info. Twin Fin A surfboard with two fins. Ulluwatu Ulluwatu is one of a large number of quality Indonesian surf breaks. Underwater You are not seriously looking for an explanation of this are you? Vanuatu Vanuatu is a smallish island in the Pacific, complete with numerous great waves. If you are planning a tropical surfing trip, you could do worse! Wahine A female surfer. Wax It smells nice, gets stuck in your chest hair not you ladies! Also, surf wax can be used as to repair almost anything â€” leaky roof, rusty zip Washing Machine Getting spun around and around underwater by a wave. Check out the wetsuit section for more information. Whitewater The broken, turbulent part of a wave. Wipe-out Falling off your board is referred to as a wipe-out. Other terms are donut, mullering, eating it, taking a pounding, or pretty much anything else you would like. Worked To "get worked" is to wipe out and get thrown about while being held under by the wave. Tow in surfing is the latest type of extreme surfing. Xtrak Xtrak is one of the leading manufacturers of surfboard traction pads. Now we are really struggling! Yew Shout out out when very excited. When a big wave is spotted or someone got a gnarly wave Z Thanks to those who have sent us "Z" letters. We were struggling for a while but now the section is looking pretty rosy. Zimzala A person with a free mind. Usually a surfer, or a person who goes to the beach a lot. Zipperless This is often considered the "holy grail" of wetsuits, as zippers, no matter how tightly made, will always let water through. Sex Wax Zogs is a popular brand of surf wax found wherever there are surfers. Get some surf wax here. Zonal This weather pattern term means that all of the storm activity in one particular region is moving in a consistent west-to-east pattern along the same latitude. Since most of the swell energy in these storms will only travel the direction the fetch is

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pointed, it means that all of the swell is also going west-to-east. Weather charts play an important part in predicting surf.

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## 4: Swim | Definition of Swim by Merriam-Webster

*Showing all editions for 'Illustrated swimming, diving, and surfing dictionary for young people' Sort by: Date/Edition (Newest First) Date/Edition (Oldest First) Updating results.*

Check back at the end of the month to find out who will be the SportsKid of the Year! She owns six national age-group records, two of which she set this year: She won the meter IM, coming just. After struggling with its effects, she now embraces her look and uses her success in the pool to spread a message: Be confident in everything you do. Klutho Clara was already running national races as a seven-year-old when a fall from the monkey bars during recess left her with a serious back injury. Five months later, after a full recovery, she was running again. Dad Craig, an avid runner and triathlete, promised Clara that if she proved she could finish a 5K, she could enter one. Soon after, Craig found a handwritten note on his desk. That was my best run ever, it read. Can i run a five k. Clara finished a local race in an impressive He pitched five innings against the host team, Mexico, allowing only three hits and striking out four. The 10<sup>2</sup> win gave the U. Twelve-year-old Kibru is still working on developing his off-speed pitches, but his fastball can touch 81 mph. Around six months later, she was standing on her own board, already falling in love with the feeling of being out on the water. At 13, Caitlin is now out there once or twice every day, up to three hours at a time. In the afternoons, she surfs with her dad, mom Ali, and year-old brother Timothy. This year, she ranked No. He wanted to donate it to the kids in the village his group would be visiting. His mom is an associate professor of clinical preventative medicine and international relations at USC. It has also sponsored nine kids to attend high school in Uganda. He walks the walk instead of just talking the talk.

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## 5: A+ Oral Reading - Children's Literature Awards - University Interscholastic League (UIL)

*Illustrated Swimming, Diving, and Surfing Dictionary for Young People* by Diana C. Gleasner. Prentice Hall Trade, Paperback. Good.

History[ edit ] The origin of the divergence of the term "extreme sports" from "sports" may date to the s in the appearance of a phrase usually, but wrongly, attributed to Ernest Hemingway. The implication of the phrase was that the word "sport" defined an activity in which one might be killed. The other activities being termed "games". The phrase may have been invented by either writer Barnaby Conrad or automotive author Ken Purdy. They first came to wide public attention by inventing modern day bungee jumping , by making the first modern jumps on 1 April , from the Clifton Suspension Bridge , Bristol, England. Bungee jumping was treated as a novelty for a few years, then became a craze for young people, and is now an established industry for thrill seekers. The Club also pioneered a surrealist form of skiing, holding three events at St. Moritz , Switzerland , in which competitors were required to devise a sculpture mounted on skis and ride it down a mountain. The event reached its limits when the Club arrived in St. Moritz with a London double-decker bus , wanting to send it down the ski slopes, and the Swiss resort managers refused. In recent decades the term extreme sport was further promoted after the Extreme Sports Channel , Extreme. Kitesurfing on the other hand was conceived by combining the propulsion system of kite buggying a parafoil with the bi-directional boards used for wakeboarding. Wakeboarding is in turn derived from snowboarding and waterskiing. Hang glider launching from Mount Tamalpais Some contend [17] that the distinction between an extreme sport and a conventional one has as much to do with marketing as with the level of danger involved or the adrenaline generated. For example, rugby union is both dangerous and adrenaline-inducing but is not considered an extreme sport due to its traditional image, and because it does not involve high speed or an intention to perform stunts the aesthetic criteria mentioned above and also it does not have changing environmental variables for the athletes. Motivation[ edit ] Snowboarder drops off a cornice. A feature of such activities in the view of some is their alleged capacity to induce an adrenaline rush in participants. This definition was designed to separate the marketing hype from the activity. Eric Brymer [21] also found that the potential of various extraordinary human experiences, many of which parallel those found in activities such as meditation, was an important part of the extreme sport experience. Those experiences put the participants outside their comfort zone and are often done in conjunction with adventure travel. Some of the sports have existed for decades and their proponents span generations, some going on to become well known personalities. Another example is surfing, invented centuries ago by the inhabitants of Hawaii. Extreme sports by their nature can be extremely dangerous, conducive to fatalities, near-fatalities and other serious injuries, and sometimes consist in treading along the brink of death. This imminent and inherent danger in these sports has been considered a somewhat necessary part of its appeal, [22] which is partially a result of pressure for athletes to make more money and provide maximum entertainment. Nonprofit organizations such as Adaptive Action Sports seek to increase awareness of the participation in action sports by members of the disabled community, as well as increase access to the adaptive technologies that make participation possible and to competitions such as The X Games. It is divided into two main categories: Mental health is a cognitive state of well-being, in this state the individual is aware of his or how own potential and is able to; cope with stresses of normal life and work productively, as well as willing to give their contribution to his or her community in a beneficial way. However, with a bad mix of other hormones it can lead people to execute terrible actions. It is believed that the implementation of extreme sports on mental health patients improves their perspective and recognition of aspects of life. In pathology, it specifically refers to a sharp injury which damages the dermis of the skin.

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## 6: Diana C. Gleasner (Author of The Strange and Terrible Adventures of Popoki the Hawaiian Cat)

*Illustrated Swimming, Diving & Surfing Dictionary for Young People. Diana C. Gleasner. from: \$*

Extensive Definition Surfing is a surface water sport in which the participant is carried along the face of a breaking wave, most commonly using a surfboard, although wave-riders may make use of kneeboards, body boards aka boogie boards, kayak s, surf ski s, and their own bodies. Surfing-related sports such as paddleboarding and sea kayaking do not require waves, and other derivative sports such as kitesurfing and windsurfing rely primarily on wind for power, yet all of these tools may as well be used to ride waves. Two major subdivisions within contemporary stand-up surfing are reflected by the differences in surfboard design and riding style of longboarding and shortboard ing. Origin see also History of surfing According to the website for a commercial documentary [http:](http://) Moreover, the ruling class had the best beaches and the best boards, and commoners were not allowed on the same beaches, but they could gain prestige by their ability to ride the surf on their extremely heavy boards. According to the same website, surfing permeated ancient Polynesian society, including religion and myth, and Polynesian chiefs would demonstrate and confirm their authority by the skills they displayed in the surf. The art of surfing was first observed by Europeans in, by the crewmembers of the Dolphin at Tahiti. The size of a swell is determined by the strength of the wind, the length of its fetch and its duration. So, surf tends to be larger and more prevalent on coastlines exposed to large expanses of ocean traversed by intense low pressure systems. Local wind conditions affect wave quality, since the rideable surface of a wave can become choppy in blustery conditions. Ideal surf conditions include a light to moderate strength "offshore" wind, since this blows into the front of the wave making it barrel or tube. The factor which most determines wave shape is the topography of the seabed directly behind and immediately beneath the breaking wave. The contours of the reef or sand bank influence wave shape in two respects. Firstly, the steepness of the incline is proportional to the resulting upthrust. When a swell passes over a sudden steep slope, the force of the upthrust causes the top of the wave to be thrown forward, forming a curtain of water which plunges to the wave trough below. Secondly, the alignment of the contours relative to the swell direction determines the duration of the breaking process. When a swell runs along a slope, it continues to peel for as long as that configuration lasts. When swell wraps into a bay or around an island, the breaking wave gradually diminishes in size, as the wave front becomes stretched by diffraction. For specific surf spots, the state of the ocean tide can play a significant role in the quality of waves or hazards of surfing there. Tidal variations vary greatly among the various global surfing regions, and the effect the tide has on specific spots can vary greatly among the spots within each area. Locations such as Bali, Panama and Ireland experience meter tide fluctuations, whereas in Hawaii the difference between high and low tide is typically less than one meter. In order to know a surf break, one must be sensitive to each of these factors. Each break is different, since the underwater topography of one place is unlike any other. At beach breaks, even the sandbanks change shape from week to week, so it takes commitment to get good waves a skill dubbed "broceanography" by a few California surfers. That is why surfers have traditionally regarded surfing to be more of a lifestyle than a sport. Nowadays, however, surf forecasting is aided by advances in information technology, whereby mathematical modelling graphically depicts the size and direction of swells moving around the globe. The regularity of swell varies across the globe and throughout the year. During winter, heavy swells are generated in the mid-latitudes, when the north and south polar fronts shift toward the Equator. The predominantly westerly winds generate swells that advance eastward. So, waves tend to be largest on west coasts during the winter months. However, an endless train of mid-latitude cyclones causes the isobars to become undulated, redirecting swells at regular intervals toward the tropics. East coasts also receive heavy winter swells when low pressure cells form in the sub-tropics, where their movement is inhibited by slow moving highs. These lows produce a shorter fetch than polar fronts, however they can still generate heavy swells, since their slower movement increases the duration of a particular wind direction. After

all, the variables of fetch and duration both influence how long the wind acts over a wave as it travels, since a wave reaching the end of a fetch is effectively the same as the wind dying off. During summer, heavy swells are generated when cyclones form in the tropics. Their movements are unpredictable. They can even move westward, which is unique for a large scale weather system. The quest for perfect surf has given rise to a field of tourism based on the surfing adventure. Yacht charters and surf camps offer surfers access to the high quality surf found in remote, tropical locations, where tradewinds ensure offshore conditions. Since winter swells are generated by mid-latitude cyclones, their regularity coincides with the passage of these lows. So, the swells arrive in pulses, each lasting for a couple of days, with a couple of days between each swell. Since bigger waves break in a different configuration, a rising swell is yet another variable to consider when assessing how to approach a break. Wave intensity classification Tube shape defined by length to width ratio Square: Wave pools aim to solve that problem, by controlling all the elements that go into creating perfect surf, however there are only a handful of wave pools that can simulate good surfing waves, owing primarily to construction and operation costs and potential liability. The availability of free model data from the NOAA has allowed the creation of several surf forecasting websites. Surfers and surf culture Surfers represent a diverse culture based on riding the naturally occurring process of ocean waves. Some people practice surfing as a recreational activity while others demonstrate extreme devotion to the sport by making it the central focus of their lives. Within the United States, surfing culture is most dominant in California and Hawaii. Today, the modern clothing retailer of Hollister Co. The sport of surfing has become so popular that it now represents a multi-billion dollar industry specially in clothing and fashion markets. Some people make a career out of surfing by receiving corporate sponsorships, competing in contests, or marketing and selling surf-related products, such as equipment and clothing. This rise in popularity has also led to the creation of surf schools and camps, where lessons are taught to novice or beginner surfers. Other surfers separate themselves from any and all commercialism associated with surfing. These "soul surfers," as they are often called, practice the sport purely for personal enjoyment and many even find a deeper meaning through involving themselves directly with naturally-occurring wave patterns and subscribe to ecological philosophies, or ecosophies. While often classified as a sport, surfing is also considered a lifestyle and to a lesser extent a religion. On September 2 in Brazil, 84 surfers from Australia, South Africa, Portugal, Britain and the US, to beat the former record of 73 surfers on a wave caught the same wave. But while turned up in Cornwall and Cape Town, the Brazilian waxheads won. With only people, surfers in Santos, south-east of Sao Paulo, smashed the South African record. Maneuvers Surfing begins with the surfer eyeing a rideable wave on the horizon and then attempting to match its speed by paddling or sometimes, by tow-in. Once the wave has started to carry the surfer forward, the surfer quickly jumps to his or her feet and proceeds to ride down the face of the wave, generally staying just ahead of the breaking part white water of the wave in a place often referred to as "the pocket" or "the curl". A common problem for beginners is not even being able to catch the wave in the first place, and one sign of a good surfer is being able to catch a difficult wave that other surfers cannot. Some of the common turns have become recognizable tricks such as the "cutback" turning back toward the breaking part of the wave, the "floater" riding on the top of the breaking curl of the wave, and "off the lip" banking off the top of the wave. A newer addition to surfing has been the progression of the "air" where a surfer is able to propel oneself off the wave and re-enter. Some of these maneuvers are now executed to extreme degrees, as with off-the-lips where a surfer over-rotates his turn and re-enters backward, or airs done in the same fashion, recovering either with re-rotation or continuing the over-rotation to come out with his nose forward again. This difficult and sometimes dangerous procedure is arguably the most coveted and sought after goal in surfing. Hanging Five is having just one foot near the front, and five toes off the edge. Re-entry - hitting the lip vertically and re-entering the wave in quick succession. Switch-foot - having equal ability to surf regular foot or goofy foot. Lighter balsa wood surfboards first made in the late s and early s were a significant improvement, not only in portability, but also in increasing maneuverability on the wave. Most modern surfboards are made of polyurethane foam with one or more wooden strips or "stringers",

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fiberglass cloth, and polyester resin. An emerging surf technology is an epoxy surfboard, which are stronger and lighter than traditional fiberglass. In warmer climates swimsuits, surf trunks or boardshorts are worn, and occasionally rash guards; in cold water surfers can opt to wear wetsuits, boots, hoods, and gloves to protect them against lower water temperatures. There are many different surfboard sizes, shapes, and designs in use today. Modern longboards, generally 9 to 10 feet in length, are reminiscent of the earliest surfboards, but now benefit from all the modern innovations of surfboard shaping and fin design. Midsize boards, often called funboards, provide more maneuverability than a longboard, with more floatation than a shortboard. While many surfers find that funboards live up to their name, providing the best of both surfing modes, others are critical. Dangers Drowning Surfing, like all water sports, carries the inherent danger of drowning. Although a surfboard may assist a surfer in staying buoyant, it cannot be relied on for floatation, as it can be separated from the user. The use of a leash, which is attached at the ankle or knee, keeps the surfer connected to the board for convenience but should not be used as a safeguard to prevent drowning. The established rule is that if the surfer cannot handle the water conditions without his or her board then he or she should not go in. Drownings have occurred as a result of leashes becoming caught on reefs holding the surfer underwater. In very large waves such as Waimea or Mavericks being attached to the board may be undesirable as it can be pulled for long distances in the whitewater, holding the surfer underneath the wave. Surfers will often surf in pairs or groups as a safeguard. This includes sand bars, rocks, and reefs. Collisions with these objects may cause unconsciousness or even death. Many surfers jump off rocks, wharves and other structures to reach the surf. If the timing is wrong they can either hurt themselves or their equipment. Surfboard fins can cause deep lacerations and cuts as well as bruising due to their shape. While these injuries can be minor, they can open the skin to infection from the sea; groups like SAS campaign for cleaner waters to reduce this risk. Sea life Various types of sea life can cause injuries and even fatalities. Depending on the location of the surfing activity, animals such as sharks, stingrays and jellyfish may be a danger to surfers. Local surfers Local surfers can be violent when it comes to protecting their surf break from tourists or outside surfers. Some surfers have been known to form gangs that surf in a certain break or beach and fiercely protect their "territory" from outsiders. These surfers are often referred to as "surf punks" or "surf nazis."

### 7: Swimming | sport | [www.enganchecubano.com](http://www.enganchecubano.com)

*Stuart Goldenberg is the author of Only in New York ( avg rating, 40 ratings, 3 reviews, published ) and Illustrated Swimming, Diving & Surfing D.*

### 8: Stuart Goldenberg (Illustrator of Only in New York)

*Diana C. Gleasner is the author of The Strange and Terrible Adventures of Popoki the Hawaiian Cat ( avg rating, 6 ratings, 3 reviews, published ).*

### 9: Surfing Terms, Talk, Phrases and Slang - Over Entries!

*With the help of this Surfing Terms page you'll be able to not only walk like a surfer, but you'll also be able to talk like one. Chill with the locals, impress the hotties at the local bar, or show up that know-it-all brat who is going out with your younger brother or sister.*

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