

EJ'S NOTES

Family | Kayaking/Fishing | Business

Argentina- 30 days

We are embarking on a trip with three weeks of training and one week of competition in a new place for all of the Jackson family and team, San Juan, Argentina. Watch my Instagram and Facebook for updates.

JacksonKayak-2018

Another season gone, a new one upon us. Challenges are always present, as we work hard to make our business strong and self-sustaining. Our team is relentless in looking for ways to keep growing and improving.

KC-our Young'n

KC keeps learning more vocabulary and remains the happiest kid we know. He can build a 1,000 piece Lego to the instructions in short order and is a wizard in games. He spent the weekend fishing and golfing with me at Paris Landing and had an awesome time. There is still so much to learn before he is out of the woods.



Our First year on the USA Team Together- 2005

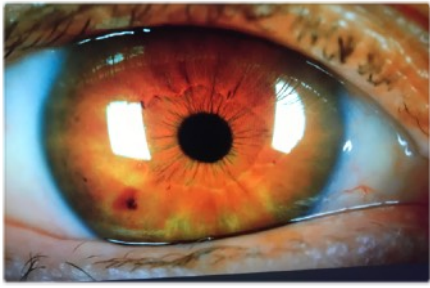
World Championships- 2017

Paddling for the USA Team has been one of my greatest joys. Doing it for 26 years now is still not getting old. However, competing with my Daughter, Emily, and Son, Dane on the team is something that I imagined might happen one day when they were little, but I never imagined that I would be competing with them while they are both multiple time World Champions. That kind of dream come true was beyond my imagining. I am truly

Shoulder Injury Still an Issue

One year after crashing over a fence playing speed disc golf, my shoulder is still a major issue. Strong, but not healed.





The Filter Behind these Eyes

The way I perceive what I see, hear, and experience is not left up to chance. I believe that most of my successes have come due to not leaving my feelings, thoughts, and prejudices up to chance. Most of my failures have been trying to fit into an existing mold or way of thinking.

Here is a little insight into my own little "reality"... I often get accused of not being in touch with reality. When I hear that, it encourages me that I am on the right track!

I look for the good in every situation, and therefore, I find it.

- I see the reality as I want it to be, and if things are not fitting that picture, I work to make the pieces fit until they do, which often takes time.
- When things go wrong as they often do, I don't react emotionally. When things go right, I relish in the emotion.
- For me it allows me to work the problems and enjoy the wins.

I haven't slept through a night in a year and ironically the harder I workout and the more I workout the better I feel. Rest is the worst. Separated shoulder, stretched tendons, etc.. for some reason are not responding to my rehab. I don't intend to go under the knife, but will attempt another stretch of hard rehab to see if I can fix it. I managed to get close for one week, but laid off during a fishing trip and it got worse and hasn't bounced back.

Doctors have had many theories and solutions, but none have worked yet.

Meanwhile- while ignoring the issue and playing like it is fine, i can at least do what I want to do versus playing injured and sitting at home.

I will beef up and see if that holds things in place soon. Let's see what a month of hard kayak training does for me!

I have had a couple of years in the past (in my 20's and 30's) where I had a similar issue with similar recover times.

