Some pointers for presentations:

1) Introduction:

(a) say what your message(s) will be today,

(b) show the message(s) in your presentation,

(c) summarize the message(s) at the end

2) Forecast:

- State what your source of forecast information is. Good idea, if possible to use multiple sources (e.g., 2)

- State why those locations chosen - motivated by wave structure? (Not necessary)

3) Show some cumulative data from the start of the collection period.

- what are you seeing for trends

- might be good to show wave amplitude vs. 500 hPa wind speed on a time-series plot.

- Reflection on what you are seeing is a great idea. It's the first step toward analysis.