

snowboarding

What is snowboarding?

Snowboarding is similar to skiing, but inspired by surfing and skateboarding. The sport was developed in the United States in the 1960s and the 1970s, and became a Winter Olympic Sport in 1998. Some of its pioneers include: Craig Kelly, Tom Sims, Ben Kenison, Jake Burton Carpenter, and Terry Kidwell. It is constantly increasing in popularity.

competitions:

Snowboarding was recognised as an official sport in 1985, and as a result the first World Cup was held in Zürs, Austria. Due to the need for regulations, the ISA (International Snowboard Association) was founded in 1994. Today, high-profile snowboarding events like the Olympics, Winter X-Games and the US Open, are major events that are watched and loved by a worldwide audience.

equipment:

Things you will need to go snowboarding:

- Snowboard with Bindings
- Boots
- Hat & Gloves
- Helmet (highly recommended)
- Snowboard pants
- Waterproof jacket
- Goggles or sunglasses
- After a long day of boarding, a hot chocolate!



history:

The history of snowboarding started with pioneers like Sherman Poppen (the inventor of the first commercially made snowboard called the Snurfer from Muskegon, Michigan), Jake Burton (founder of Burton Snowboards from Londonderry, Vermont), Tom Sims (founder of Sims Snowboards) and Mike Olson (Gnu Snowboards).

Dimitrije Milovich, an east coast surfer, had the idea of sliding on cafeteria trays. From this he started developing his snowboard designs. In 1972, he started a company called the Winterstick. The Winterstick was based on the design and feel of a surfboard, but worked the same way as skis.



snowboarding tips:

- Make sure to plan to take a lesson! Snowboarding is a difficult sport. Do not attempt to teach yourself unless you are absolutely sure that you know what you are doing.
- Wear high socks. If you tuck your pants into the boots or have the boots touch your skin it hurts a lot after a day of snowboarding.
- Only wear one pair of socks. If you wear two pairs, water will freeze in between them and you'll risk frost bite.
- When you fall, try to fall backwards; this way, you land on your bum, which is like a cushion.
- Also when you feel that you are going to fall, try to get as low to the ground as you can before you do so (bend your knees). It hurts less.
- Don't wear blue jeans to go snowboarding - they will be frozen solid by the end of the day!
- The first day of snowboarding is the hardest, but you will learn quickly if you keep trying.