

SNOWBOARDING



Snowboarding is a recreational activity and olympic sport that involves descending a slope that is covered with snow while standing on a snowboard attached to a rider's feet.

It was inspired by skateboarding, sledding, surfing and skiing, and it was developed in the United States in the 1960s.

Snowboard was invented on Christmas Day, 1965



On December 25, 1965, in Michigan, inventor Sherman Poppen went into his garage, braced two skis together, and created the world's very first snowboard. He invented it to keep his two daughters, Wendy and Laurie, entertained outside while his pregnant wife rested in the house. Because his new invention combined snow sports with surfing, the first snowboard was called a "snurfer."

When children in the neighborhood began asking Poppen for snurfers of their own, he decided to patent and market his invention.

The 3B's of Snowboarding Equipment



Boards

The board has to be adapted to your height and weight. It has to be flexible so that you can control it easily.

Boots



Boots have to be comfortable for riders, and have to adapt well to the snow conditions. They also have to keep your feet warm.

Bindings



The bindings guarantee the transfer of movement from the rider to the board, and their quality is very important for good and safe snowboarding.

Snowboarding Tricks

The Ollie: This is the easiest of all snowboarding tricks and is usually the first one you learn. You maintain your balance in the air and have a proper landing technique.

Wheelie: In this trick you balance on one end of your snowboard, on the front or on the back.

Butters: You can do this after you can do a wheelie comfortably. You do it with a 180 degrees turn as you are riding down the mountain.

Aerial turns: You go higher and higher in the halfpipe, you reach a point when you can pop-off the top. Only for experts!!