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Download eBook Leocha's Ski Snowboard America Top Winter Resorts in USA and Canada (Ski Snowboard America and Canada) (Ski Snowboard America & Canada: Top Winter Resorts in USA & Canada) by Charlie Leocha across multiple file-formats including EPUB, DOC, and PDF.

Many competitions also require the rider to do a complex trick. But not all competitions call for a trick to win the gold; some intermittent competitions are based solely on height and distance of the launch of the snowboarder. Some competitions also require the rider to do a specific trick to win the major prize. Half-pipe The half-pipe is a semi-circular ditch dug into the mountain or purpose-built ramp made up of snow, with walls between 8 and 23 feet 7. Competitors perform tricks while going from one side to the other and while in the air above the sides of the pipe. Snowboard cross Boardercross, also known as "Boarder X" and "Snowboard X", is a very popular but relatively recent winter sport, starting in the s and earning its place as an official Winter Olympic sport in the Turin games. In Boardercross, several riders usually 4 to 6 race down a course similar to a motorcycle motocross track with jumps, berms and other obstacles constructed out of snow on a downhill course. Unlike traditional head-to-head races, competitors use the same terrain, sometimes resulting in accidental collisions. Snowboard racing In snowboard racing, riders must complete a downhill course constructed of a series of turning indicators gates placed in the snow at prescribed distances apart. A gate consists of a tall pole, and a short pole, connected by a triangular panel. The racer must pass around the short side of the gate. There are 3 main formats used in snowboard racing including; single person, parallel courses or multiple people on the course at the same time SBX. Snowboarding has been a Winter Olympic sport since Winter Olympics. Events have changed through the years. During the Winter Olympics , the snowboarding events were big air, halfpipe, parallel giant slalom, slopestyle and snowboard cross. Alpine consists of giant slalom and slalom which is a competition in which the agility and ability to make sharp turns of the snowboarders are tested. Freestyle consists of slopestyle and halfpipe. In boardercross, the idea is to be the first snowboarder down the mountain where everyone is racing each other through an obstacle course of harsh turns and wipeout potential is very likely. Early on, there was a rebellion against skiing culture and the view that snowboarders were inferior. Skiers did not easily accept this new culture on their slopes. The two cultures contrasted each other in several ways including how they spoke, acted, and their entire style of clothing. Snowboarders first embraced the punk and later the hip-hop look into their style. Words such as "dude", "gnarly", and "Shred the Gnar" are some examples of words used in the snowboarding culture. Snowboarding subculture became a crossover between the urban and suburban styles on snow, which made an easy transition from surfing and skateboarding culture over to snowboarding culture. However, these stereotypes may be considered "out of style". Snowboarding has become a sport that encompasses a very diverse international based crowd and fanbase of many millions, so much so that it is no longer possible to stereotype such a large community. Skiers and snowboarders are becoming used to each other, showing more respect to each other on the mountain. A quarter of all injuries occur to first-time riders and half of all injuries occur to those with less than a year of experience. Experienced riders are less likely to suffer injury, but the injuries that do occur tend to be more severe. This contrasts with alpine skiing where two thirds of injuries are to the lower body. Rather, landing with the arms stretched out like a wing and slapping the slope with the entire arm is an effective way to break a fall. This is the method used by practitioners of judo and other martial arts to break a fall when they are thrown against the floor by a training partner. The risk of head injury is two to six times greater for snowboarders than for skiers and injuries follow the pattern of being rarer, but more severe, with experienced riders. Head injuries can occur both as a consequence of a collision and when failing to carry out a heel-side turn. The latter can result in the rider landing on his or her back and slamming the back of his or her head onto the ground, resulting in an occipital head injury. Protective eyewear is also recommended as eye injury can be caused by impact and snow blindness can be a result of exposure to strong ultra-violet light in snow-covered areas. The wearing of ultra-violet-absorbing goggles is recommended even on hazy or cloudy days as ultra-violet light can penetrate clouds. Such injuries are typically to the knee

ligaments, bone fractures are rare. This particular injury results in persistent lateral pain in the affected ankle yet is difficult to spot in a plain X-ray image. It may be misdiagnosed as just a sprain, with possibly serious consequences as not treating the fracture can result in serious long-term damage to the ankle. Snowboarders push themselves forward with a free foot while in the ski-lift line, leaving the other foot usually that of the lead leg locked on the board at a 90 degree angle, placing a large torque force on this leg and predisposing the person to knee injury if a fall occurs. Avalanches are a clear danger when on snowy mountain slopes. Also when going out onto the snow, all who practice an activity with increased chances of injury should have a basic First Aid knowledge and know how to deal with injuries that may occur. To further help avoid injury to body parts, especially knees, it is recommended to use the right technique. To acquire the right technique, one should be taught by a qualified instructor. Also, when snowboarding alone, precaution should be taken to avoid tree wells, a particularly dangerous area of loose snow that may form at the base of trees. Some care is also required when waxing a board as fluorocarbon waxes emit toxic fumes when overheated. Waxing is best performed in a ventilated area with care being taken to use the wax at the correct temperature – the wax should be melted but not smoking or smoldering. In conclusion of the study, the highest rate of injury was among young, inexperienced, female snowboarders. Injury rates in snowboarders have fluctuated over time but still remain higher than skiers. No evidence was found that those who spend more time in terrain parks are over represented in the injury population.

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The U.S. Junior World Snowboard and Freeski Teams wrapped up a very successful two weeks at the FIS Junior Freestyle Ski and Snowboard World Championships, winning a combined 10 medals, and the snowboard team winning the Marc Hodler Trophy, awarded to top nation at the championships.

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