

adaptive SPORTS FOUNDATION



GETTING READY
TO SNOWBOARD AT
WINDHAM MOUNTAIN!

(write your name here!)

is going to **SNOWBOARD**
at **Windham Mountain.**



Snowboarding is lots of fun!

Let's
LEARN and PRACTICE
SNOWBOARDING SKILLS
at home
BEFORE
you go to
Windham Mountain!



Practice standing on a **SNOWBOARD.**

Use a snowboard, cardboard,
paper or sidewalk chalk.



Stand with your feet
shoulder width apart.

Bend your knees.

Look left. Look right.

**This is your
SNOWBOARD STANCE.**

Get in your Snowboard Stance!



Bend one knee and
straighten the other.



Practice moving side to side.



This is a Snowboarder making a Heel-side Turn.





This is a
Snowboarder
making a
Toe-side Turn.



Practice making a Heel-side Turn!

Bend your knees like
you are sitting on a chair.



Have a friend help you balance.
This is similar to making a
Heel-side Turn!

**Next, practice making a
Toe-side Turn!**
Balance on your Toes.



**This is similar to making
a Toe-side Turn!**
Practice going from
Heel-side to Toe-side!
Remember to bend your knees.

Practice pressing on your TOES and HEELS AGAIN by balancing on a step



and standing on your toes.

**Now, try dropping
your heels down.**



*Hold on to the
railing for balance.*

**Sit against a wall to
make your legs strong.**



Try and stay for one minute.

**Practice your
Snowboard Stance again.**
Stand sideways on a slope or
some stairs.



Make your hands and
shoulders level
with the stairs.
Look past your shoulder.

Practice bending down to reach one foot and then the other foot.



This is how you attach your boot to your binding.

You can put your bindings on while sitting or standing.



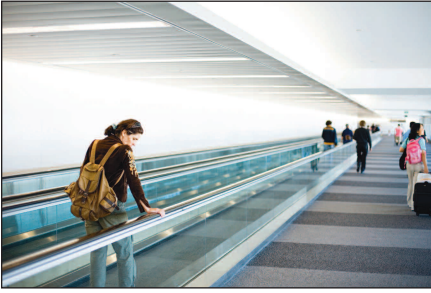
When you get on the lift you take one foot out of its binding.



At Windham we have
a trail called **Wooly Bear**
that has a **magic carpet**.



When you stand
on the **magic carpet**
it takes you up the hill.
It is important to stand still.
Practice standing still.
Its fun to ride the magic carpet!



A
magic carpet
is just like a
moving
sidewalk.

You might go
to the mall
with a parent
or friend to
practice
getting on
and off an
escalator.
This is like
getting on
and off a
magic carpet.



**Sit on a table or a tall chair.
Swing your feet in the air.
How do they feel? Heavy?**



**This is how your legs feel
when you ride a chairlift.**



There are many chairlifts at
Windham Mountain.

Practice sliding on snow!



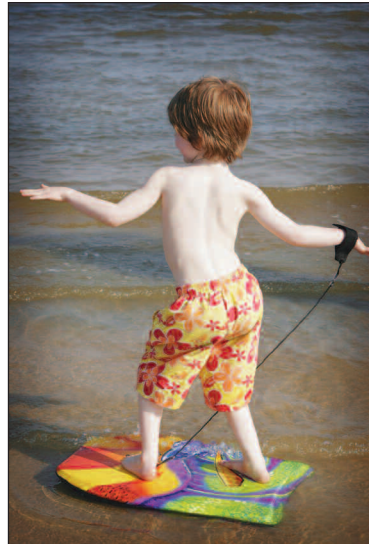
Go Sledding! Have fun sliding!

Go Skateboarding!



Skateboarding feels a lot like Snowboarding because you are standing sideways on a board and balancing while moving.

Go Surfing and Skimboarding!



Skateboarding, Surfing and Skimboarding are similar to



SNOWBOARDING!



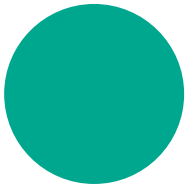
Are you excited
about going
snowboarding at Windham?



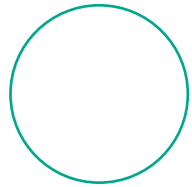
Snowboarding is fun!

Learn about the Trails!
Ski trails have signs that tell
you how difficult a trail is.

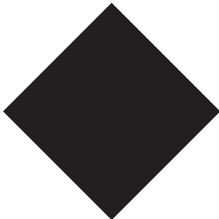
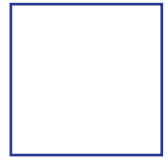
Match and Color the Trail Signs!



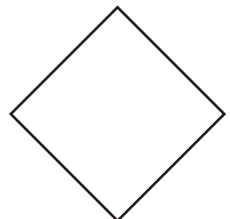
Green circles mark
EASIEST trails.



Blue squares mark
INTERMEDIATE
trails.



Black diamonds
mark
**MOST
DIFFICULT**
trails.



**We will help choose the trail
that is right for you!**



Windham Mountain is fun!



Adaptive Sports Foundation Building



You will learn to snowboard on Woolly Bear.



See you soon at Windham!





adaptive SPORTS FOUNDATION

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for People with Disabilities**

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