Extreme Sports



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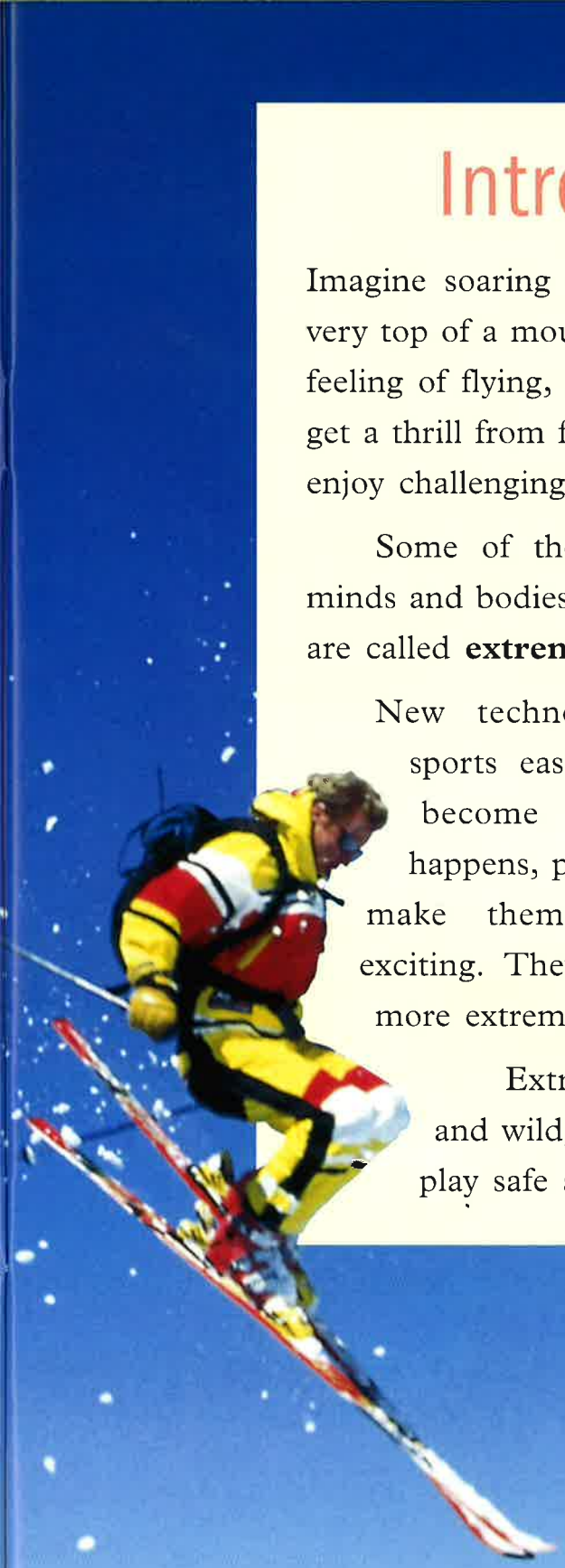
Introduction

Imagine soaring like a bird, or reaching the very top of a mountain. Some people love the feeling of flying, jumping and climbing. They get a thrill from falling and turning. And they enjoy challenging themselves against nature.

Some of these activities push people's minds and bodies to the limit. These activities are called **extreme sports**.

New technology can make extreme sports easier to do. Then the sports become more popular. When this happens, people try to change them to make them more challenging and exciting. They try to make them even more extreme.

Extreme sports can be tough and wild, but the aim is to take care, play safe and have fun!





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Chapter 1

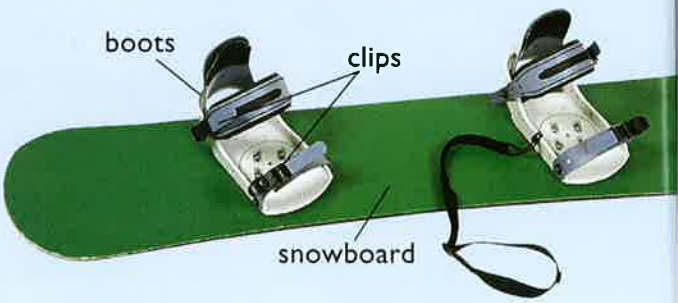
Being cool in the snow

Snowboarding

Snowboarding is one of the newest extreme sports around. It is also one of the most popular snow activities in the world.

A snowboard looks like a skateboard without wheels. It is flat on the bottom, like a ski, and it slides easily down a snow-covered slope.

Snowboarders wear special boots that are strapped to the board. This helps them to control and turn the board.



Extreme snowboarders don't just ride down a slope — they do tricks, spins and turns and they ride over bumps and down chutes. Some snowboarders can do tricks in a *half-pipe*. A half-pipe looks like a giant pipe cut in half. The sides of the half-pipe are covered in snow and it faces down the slope. Snowboarders build up speed by riding from one side of the pipe to the other as they go down the slope. They fly into the air and do amazing tricks on their way down.

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This snowboarder is performing tricks in a half-pipe.

Did You Know?

Snowboarding tricks have some fun names. An **ollie** is when the snowboarder jumps into the air. A **fakie** means to ride backwards. A **tailgrab** is when the snowboarder is in the air and grabs the back of the board.

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Extreme skiing

Have you ever been in a helicopter? Or have you ever skied down a really steep ski slope? Extreme skiers do both these things!

Extreme skiers fly by helicopter to mountains where people do not normally ski. These are called 'untracked' mountains. Skiing on these mountains can be very dangerous because the skier does not know the snow conditions.





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Sometimes the peaks are covered in ice. At other times they are covered in soft powder snow. And there is always the danger of an *avalanche*.

The mountains are extremely steep, and some have vertical drops! Only very, very good skiers should go extreme skiing.