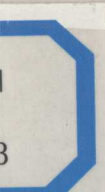


Techniques • Tricks • Equipment • Strategies



# Mastering SNOWBOARDING

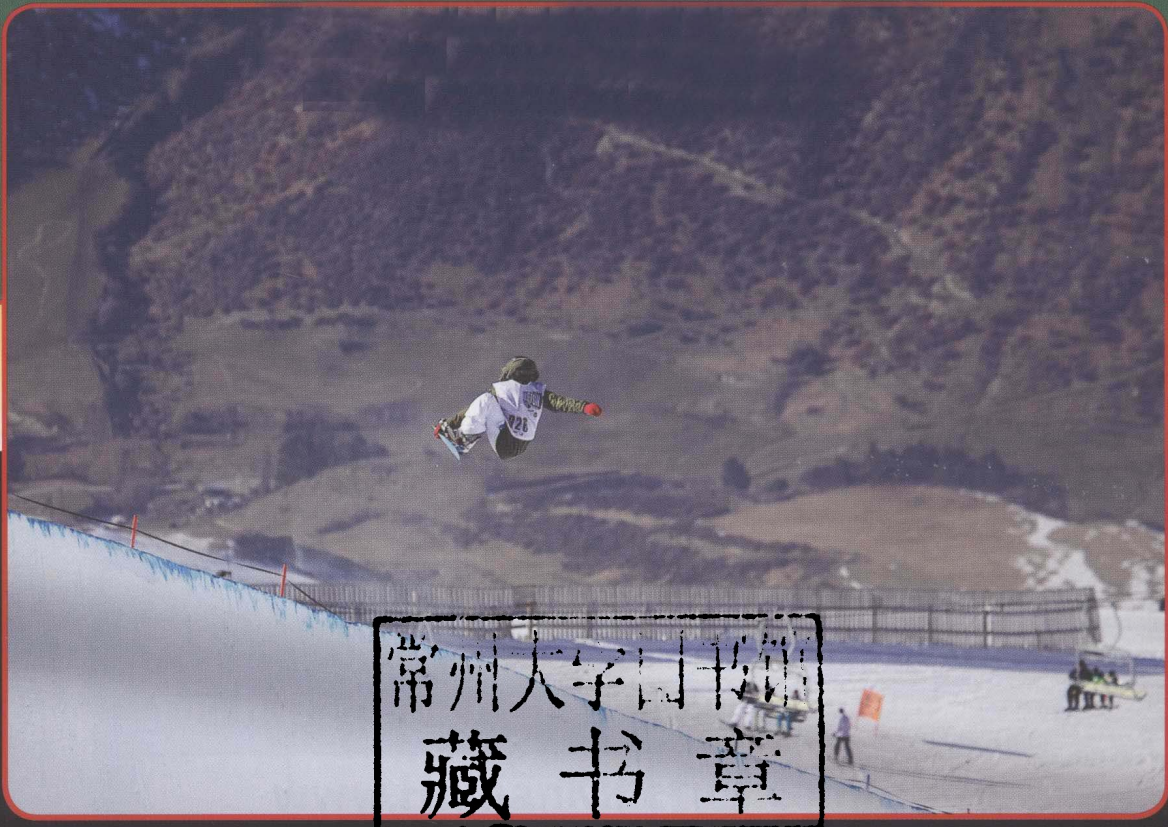
**Hannah Teter • Tawnya Schultz**





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# Mastering SNOWBOARDING



HANNAH TETER  
TAWNYA SCHULTZ



Human Kinetics



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# LOWTHER

THE HISTORY OF THE SPORT

This book is dedicated to Sarah Burke and to all the passionate riders who have made the sport what it is today.

## 1 History of Snowboarding

## 2 Choosing and Assembling the Proper Equipment

## 3 What to Expect

## BASIC TECHNIQUES

## 4 Getting Started





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# PREFACE

**L**earning to snowboard can be a life-changing endeavor. Although it can be a bumpy ride at the start with ups and plenty of downs, once people “get it” and develop the ability to link turns on snow, it is easy to get hooked. For some the goal may be to go snowboarding with their friends on weekends; for others it may be to win an Olympic gold medal and have their face on a Wheaties box. Some riders prefer to ride solo, appreciating the beauty all around them; for others the whole point is to share the experience with those they care about. Whatever your motivation to learn how to ride or how to ride better, the opportunity to express yourself as an individual is undoubtedly part of it. The opportunity to challenge yourself and to do what makes *you* happy has made snowboarding what it is today.

Whether you ride frequently or only a few times a year, the process of reaching the level of snowboarding skill you seek can be a long one, involving lots of spills and numbingly cold weather. But as you gain experience, there are plenty of moments along the way that make it all worth it. This is what keeps you going. It's you sliding down the hill with your family during winter vacation. It's locking in a boardslide on a rail for the first time and feeling a sense of accomplishment.

If you want to become an elite snowboarder, there is no secret, no particular path, no right or wrong approach. Success at the professional level is a result of experience, talent, skill, luck, and the drive to improve. The competition and achievement keep you going. It's you against yourself. It's about understanding the backcountry and dropping your first heli line in Alaska and riding the best powder of your life. It's getting your photo published in a snowboard magazine.

Whatever your personal snowboarding goals may be, there will be times when you get discouraged, feel as if it's just too hard, and maybe even scream out loud that you “never want to snowboard again!”

If you don't give up, then you're sure to reap the ultimate reward, whatever that may be for you. Maybe it will be recognizing that being strapped on a piece of wood in the dead of winter makes you feel more alive than ever before. Maybe it will be standing on top of a mountain, appreciating the stillness and beauty, then speeding down the slope as fast as humanly possible, feeling the rush of cold air against your skin, being engulfed by a giant wave of snow you've just created, riding away, and wanting nothing more than to do it all over again.

Snowboarding is freedom in its rawest form.



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Thanks to my agent and brother Amen and to my amazing Octagon support team: Peter Carlisle, Michael Fudzinski, Ben Morrill, Drew Johnson, Cheryl Herbert, Kelly Cyr, Kurt Grazer, Caitlin Huggins, and Scott Gaffield.

Special thanks to my mom and dad for encouraging me to live my dream.

Extra special thanks to everyone who picks up this book and finds another reason to get outside and shred the gnar!

Hannah

First and foremost I would like to thank Mia Troy-Vowell for giving me the opportunity to do this project. I will be forever grateful. Having my first book be about snowboarding, one of my biggest passions in life, is very humbling and fulfilling.

Thanks to everyone at Human Kinetics, especially Justin and Carla, for making this project a reality. Snowboarding is something that needs to be shared with the world, and this is such a great starting point. Thank you for the endless hours you put in and your support in guiding a new author like me to fulfill one of her childhood dreams. Now we just gotta get you out of the office and into the mountains!

Endless thanks to my mom, dad, grandparents, sister and entire family for their constant interest, love, and support throughout this year-long endeavor. I couldn't have done it without you. Grandma Ginny, I know you would have been so proud to have seen the finished project.



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There's no way to thank you all, but what you have done has helped shape my life. I hope I can pass that on.

Tawnya



# INTRODUCTION

**W**hether you're interested in trying snowboarding for the first time or have been doing it for years, by picking up this book you've made it clear that you want to know more. Maybe you already live in the mountains, or maybe you live far from them, somewhere in a sweltering desert, and can only dream of snow.

No matter where you are in the world or what your snowboarding background, this guide is built to help you understand everything there is to know about the sport. First off, it covers the history of the sport and how snowboarding came about. Did you know it took years for snowboarding to be allowed at most resorts? You'll find out why and hear about the colorful, innovative people who were integral in making snowboarding what it is today.

Next, we'll dive into what equipment and gear you need and what to buy to look like a real snowboarder. The ever-expanding array of products on the market can be confusing, and we're here to help. We'll break down the technical jargon and tell you what you need to know about hard goods and soft goods, giving you the knowledge and confidence to find the right equipment to suit your style and needs.

If you've never strapped a foot on a snowboard, there's a chapter dedicated to giving you a leg up. Find out what to expect on your first day, and learn insider tips on carving and linking turns. You'll be a snowboarder in no time. All it takes is a little practice and confidence.

There is information on how to improve your control and master the basics. Once you've learned the guidelines on rider etiquette and dialed in your turns, it's time for our tips on taking your skills to the park and backcountry.

Park riding has exploded over the last decade, and resorts have taken notice, building features of all shapes and sizes for riders of all abilities, from beginner to pro. If you've always wanted to hit a rail or have previously been scared to step it up to that bigger jump, the photos and step-by-step instructions in the chapters on hitting tricks will help you make your vision a reality.

There's also a lot to learn when it comes to riding out of bounds, and we'll let you know what to expect and how to be prepared for the unexpected. You'll be ready to shred untouched powder safely and smartly before you know it.

Curious about all the tricks you see advanced and professional snowboarders pull off? The tricks guide explains in step-by-step fashion many of the moves featured in competitions.



With insight from the pros who know the competitive side of the sport best, the final chapter highlights the dedication required to become a professional and gives you an idea of just what it takes to make it in the industry.

From the crazy idea that it might be possible to surf on snow to one of the most popular sports in the winter Olympics, snowboarding has come a long way, emerging as one of the fastest-growing action sports over the past few decades. Whether you want to give this growing winter pastime a try, take on a more challenging run at your favorite resort, or stand atop a podium someday, we hope this guide gets you itching to hit the slopes. Good luck and happy shredding . . . and *don't* break a leg!



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# Before You Begin

**B**efore strapping in and hitting the slopes, take some time to learn about the sport and what you are in for. Part I leads off with some information on the history of snowboarding and how it has developed into a worldwide sensation. We'll introduce you to the people who made it possible and fill you in on how the equipment has evolved over the years.

Then in chapter 2 we'll help you check out the variety of snowboarding hard goods and soft goods and figure out how to choose what's right for you. We'll also explain how to assemble and set up your board and what you need to do to maintain it.

It helps to know ahead of time what it's like on the slopes and how to succeed to the fullest. Chapter 3 offers plenty of pointers and inside tips on learning the concepts and making the most of your time. You are on your way to becoming a snowboarder!







# History of Snowboarding





**T**he foundation on which snowboarding was built is a fairy tale of sorts, complete with an evil emperor, lots of characters, and a happy ending of course. When referencing the evolution of a time, place, or thing, the true timeline of it all is often hazy—colored by personal impressions and hindsight. Although the same goes for snowboarding, with plenty of he said, she said, the sport is young in comparison to most, so the history is relatively fresh and clear. Many of the sport's founders are still living, breathing, and shredding with the younger generations today.

Modern-day snowboarding is quite different from the original idea thought up sometime in the mid-1960s. In the beginning, no one was thinking about carving big mountains, boosting 50-foot (15 m) tabletops, or nose-sliding rails. The inception was a man dreaming up a toy to please his daughter. On Christmas Day in 1965, in Muskegon, Michigan, a man named Sherman Poppen decided to drill together two 36-inch (91 cm) skis he had bought at a local drugstore. All his daughter Wendy wanted was to be able to stand up on her sled, and Poppen was determined to grant her wish. The basic sled with a rope that he created was an instant hit in the neighborhood. Kids were soon asking Poppen to build them one too, and his inventor mentality began taking over. Poppen's wife named the toy a "Snurfer" since the act of riding down the hill resembled surfing on the snow. Within a year Poppen sold the Snurfer idea to Brunswick (yes, the bowling ball manufacturer), and more than one million units were sold over the next 10 years for \$10 to \$30 each.

Snurfing (which is similar to what is now known as noboarding) took shape, and contests drew crowds of hundreds at local resorts. There were in fact pro "Snurfers" and a media following, but it didn't catch on in a big way. Poor marketing didn't help, and the Snurfing fad came and went with hardly a trace. It did leave an impression on some key people, though.

## **Snurfing Gives Way to Snowboarding**

Meanwhile, in 1970 an east coast surfer was conjuring up a little something of his own. Inspired by messing around in the schoolyard, sliding sideways with lunch trays strapped to his feet—probably out of boredom—Dimitrije Milovich took his newfound form of fun to the garage and created what he called a snowboard. Milovich soon linked up with Jersey surfboard shaper Wayne Stoveken, who was already working on snow-surfboard prototypes. Within a few short years, Milovich had patented and designed the Swallowtail, and in 1976 he founded Winterstick, the first snowboard company.

Snowboards were originally made for powder. Unable to hold an edge on hardpack, snowboards were meant for cruising and riding the white waves of the snowy mountains. There were fins on the bottom, and they were shaped much like a surfboard at that time. The stance was set back, with both feet angled to the front. The rider wore hard ski or mountaineering boots, and the outfits were a whole different story. In some ways, this phase is considered the glory days of snowboarding. The sport was in its infancy, hardly a blip on anyone's radar. No one had any expectations of the sport's becoming a worldwide phenomenon; the pioneers of snowboarding were just out to do something cool and different and have a good time. These early times helped establish the spirit of the sport.



Two men from opposite coasts who caught the Snurfing sensation decades ago are still dominant in the world of snowboarding today: Jake Burton Carpenter and Tom Sims.

At age 23, Carpenter was on the fast track for Wall Street success, after finishing school in economics, when he took a detour. With snowboarding still looking like a fad, Carpenter had a dream that his passion for riding on snow could become a legitimate sport. “The minute I got on a Snurfer and rode it, I knew there was a sport there,” said Carpenter in a CNBC interview. With the vision of building his own boards and making snowboarding something more than a fad, he decided to ditch the tie, head back to the mountains of Vermont, and try to figure out how to manufacture a prototype he had built with wooden planks and water ski bindings. Carpenter decided to establish his own company, Burton Boards, in 1977, where he began to hand-build boards in his barn. Carpenter would drive to resorts and try to sell the boards out of the trunk of his car to kids in the parking lot. Over the next few years, Carpenter kept his head up, continued to set goals, and convinced ski shop owners to sell Burton snowboards. It was a slow climb, but his hard work and determination most certainly paid off. After 35 years, Carpenter is still a major advocate and innovator of the sport and is active in running the world’s leading snowboard brand.

In 1979 there was a Snurfing contest being held in Rockford, Michigan. Jake Burton Carpenter decided to make his way there and enter on his own board. Little did he know the Snurfing community would refuse to allow it. After some negotiating, event directors added an “open” category, where Carpenter was the only competitor, obviously taking top honors in the event. Carpenter was slowly but aggressively paving the way for the sport. He lobbied for years for snowboarding to be allowed at resorts and one by one they started to come around.

Even though boards were difficult and expensive to make, Carpenter truly believed snowboarding was going to become a sensation. On the east coast, however, the sport was still very Alpine-esque, with hard boots and racing at the top of the agenda. Snowboarding on the west coast was a whole other story.

## The Freestyle Movement

In the late 1970s over in California, former skateboard champ Tom Sims was busy testing out his “ski board” on local slopes. Sims, who was also an avid surfer, was motivated by the possibility of riding a board year-round. With his resources as a skateboard maker and a brand already intact, Sims decided to make moves with his own snowboard prototype in Tahoe. With Chuck Barfoot, who had figured out how to use fiberglass in snowboard production, by his side, Sims was a legitimate seller. He just had to find people to buy. Mike Chantry, then skateboard park manager in Reno, was familiar with the Sims brand and began bringing pro skateboarders up to Tahoe to ride Sims snowboards. Needless to say, Sims brought the surf and skate influence to snowboarding, and locals such as Terry Kidwell, Bob Klein, and Mark Anolik were intrigued.

The old Tahoe City dump in North Lake Tahoe has the distinction of being the location of the first snowboard quarterpipe and the birthplace of freestyle snowboarding. When the trash had been bulldozed out, what was left was a U shape in the