

## Everything You Need to Know About Snowboarding

Snowboarding is not for those who have a faint heart. This is an extreme sport and a very risky one that needs proper training and precaution.

Before attempting to engage yourself in snowboarding, do some research first. Try to assess, if this sport is really intended for you. Can you be a snowboarder who slides on steep mountain slopes or would you rather stay at home and watch others do it for you? The bottom line is you have to be fit and not just healthy to be in this sport. It would help if you consult your health provider first to know whether you are ready for this feat.

After doing some assessment, you still can't just hop on your snowboard right away. Engaging in snowboarding also requires having the right gadgets and proper apparel not only to look sheik on ice but also to ensure your safety. Once you have all you need, you may now begin taking lessons. At least, this time you get to do actual snowboarding even under the eye of a pro.

As a beginner, you first need to undergo a series of lessons before heading to the mountains. Usually, the first things you need to master are about basic safety, proper stretching, injury prevention, and maybe rules and policies of the resort. To learn the basic skills you need to master, you can take private lessons with an instructor but it will be more expensive. A better alternative is to learn with a group. Aside from it's practical, you can also interact from other snowboarders and also learn from them too.

As you advance your skills, you need to immerse yourself more in the sport. You have to learn new skills and continuously practice what you have already acquired especially if you are planning to compete in a tournament. Through time you will also need better and more challenging courses so that you'll learn how to adjust to a variety of settings while performing at the top of your game. Learning how to adapt to any weather condition and knowing what strategy to employ to such will also help you to be more competitive and unaffected by things beyond your control.

But practicing on the snow with your board is not the only way to make yourself more adept in snowboarding. You may also learn about snowboarding from Transworld Snowboarding magazine. By doing this, you don't need to wear your thermal gears or leave the comfort of your home. Subscribing to this will surely qualify you as a true-blooded snowboarder.

Transworld Snowboarding was a significant catalyst for the recognition of snowboarding as a sport. When snowboarding was still a young sport and skiing

dominated the snow, many resorts were initially closed to snowboarders. To counteract this, Transworld Snowboarding hyped the sport by popularizing t-shirts called "Answers," which contains answers to numerous inquiries of curious skiers. Eventually, snowboarding was recognized as an official sport. In 1985, the first World Cup was organized for snowboarding. Then, in 1995, the International Snowboarding Association was founded.

This magazine owned by Time Warner, showcases everything you need to know about snowboarding and snowboarding culture. Whether you are interested about the latest gadgets or has news about your favorite snowboarder, Transworld Snowboarding has it. If you are interested to learn about events or to read just about any article on snowboarding, you'll find it here. It also contains tricks and features great resorts that snowboarding enthusiasts will love to consider as part of his itinerary.