



EXERCISE

According to Carter, Morris, Repper and Callaghan (2016), exercise can create mood improvements, achievement, and joy.

Skateboarding is an excellent form of exercise—involving balance, coordination, stamina, endurance, and aerobics—justifying it as an effective tool for mental health.

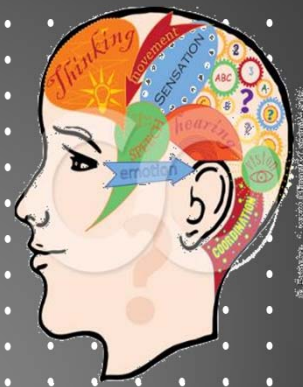


MINDFULNESS

Willig (2008) found that extreme sports participants were able to focus on

“the immediate demands of the extreme sport situation, to the exclusion of all other thoughts, feelings or perceptions”

allowing them to be completely present in mind and body while engaged in their sport of choice (p. 697).



CREATIVITY

Madden and Bloom (2004), found that creative expression reduces stress and anxiety.

Jones (2011), states that in order to skateboard at skateparks or street locations, one must “creatively appropriate aspects of the physical environment” (p. 594).

The possibilities and combinations of tricks that can be done with a skateboard are endless.



SELF-EXPRESSION

Woolley and Johns (2001) report that skateboarders

“have a unique and strong identity, ethos and outlook” (p. 215).

Bradley (2010) describes skateboarders:

“Skills are learned and displayed for others’ enjoyment ... opportunities for self-expression (in skate maneuvers, clothing styles, and/or graffiti art)” (p. 312)



Retrieved from
<https://www.youtube.com/watch?v=TVmBydsqhJo>

COMMUNITY

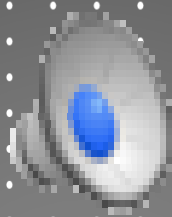
Fothergill, Enslinger, Robertson, Green, Thorpe and Juon (2011) found that prolonged and persistent community engagement reduces the risk of mental (and physical) health problems.

Everywhere I have lived, I have made friends and found community as a skateboarder.

Although not a traditional team sport, skateboarding is a physical activity that provides camaraderie and a shared sense of accomplishment.

Skateboarders desire to see others succeed, and often give their old but still functioning skateboard parts and skateboard shoes to those that are in need of upgrades.

COMMUNITY



Retrieved from <https://www.facebook.com/TonyHawk/videos/vb.21744379694/10154629175974695/?type=2&theater>

DISCUSSION

Sharma, Rango, Connaughton, Lombardo, and Sabesan (2015) report that skateboarding produces a high rate of head and neck injuries, so helmets should be worn.

Clough, Hough, Mackenzie, Mallabon, and Brymer (2016) on risk-oriented views of extreme sport participation:

“The issue with risk-oriented approaches is that there is little recognition of the effort, commitment and skill required to participate” (p. 964).

Rethnam, Yesupalan, and Sinha (2008) found that skateboarding is not a highly dangerous activity and results in a low amount of serious injuries.

UPCOMING EVENTS & OPPORTUNITIES

- ▶ Women's skateboard lessons with me, through Crystal Pool
 - ▶ Wednesdays, May 31-July 15; July 12-August 16, 6-7pm
- ▶ For the Love: The Heart of Skateboarding
 - ▶ Viewing at the Cineplex Odeon Theatre, time and date pending
- ▶ Park Host
 - ▶ I will be working at Vic West skatepark from 10-4 Monday-Friday, June-September
- ▶ Across the Board: Skate Crew
 - ▶ Details about times and places found on Facebook. Website pending
- ▶ Possible girls skateboarding group through Crystal Pool
 - ▶ A program is planned for 9-12 year old females, implementation pending
- ▶ 14th Annual Vee Dub Skate Comp
 - ▶ Saturday, June 10 all day at Vic West Skatepark

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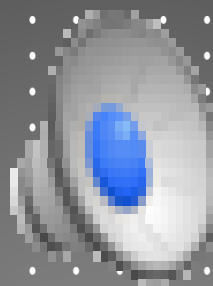
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