**Power Point Activity – Teach us something or prepare us for something great!**

***Example:***

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| Title Slide | Prepare for Snowboarding Season |
| Second SlideAdd Pictures related to the content of the slide | Dress for the Ride* Loose fitting layers
* Moisture Wicking
* Insulating Middle
* Waterproof outer shell
* Goggles
* Helmet, wrist guards
 |
| Third Slide | Get into Condition* Stretch for 10 minutes
* Do lateral squats. Hops
* Eat complex carbohydrates
* Drink plenty of water
* Dehydration is common
 |
| Slide Four | Snowboard under ControlBeware of trafficWhere trails mergeStick to slopes designed for your abilityBe aware of changing conditions |
| Slide Five | Best Locations for Snowboarding  |