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

***Example:***

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| Title Slide | Prepare for Snowboarding Season |
| Second Slide  Add 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 Control  Beware of traffic  Where trails merge  Stick to slopes designed for your ability  Be aware of changing conditions |
| Slide Five | Best Locations for Snowboarding |