



How to Para-Snowboard

00:08 Adam Dooney, New Zealand para-snowboard team, English

“Para snowboarding is a new sport, it’s quite young” » 00:11

00:12 Adam Dooney, New Zealand para-snowboard team, English

“It’s taking what regular competition is for snowboarding.” » 00:17

00:18 Adam Dooney, New Zealand para-snowboard team, English

“What I’d say is high paced racing of a border cross course.” » 00:23

00:23 Bibian Mentel, Dutch para-snowboarder, English

“Which means that all the runs are being timed and we have three runs and the combined time of the two best runs makes you the winner or not.” » 00:33

00:38 Carl Murphy, New Zealand para-snowboarder, English

“Border cross is a pretty physical sport. It consists of a whole bunch of different features down a race course. We have jumps...

00:49 Carl Murphy, New Zealand para-snowboarder, English

and berms

00:49 Carl Murphy, New Zealand para-snowboarder, English

Wutang, what we had today.” » 00:53

00:51 Bibian Mentel, Dutch para-snowboarder, English

“Wutangs are really hard, because it’s a timing thing, you need to ride up the Wutang and then jump over basically, but you don’t want to land too far because then you land in the flats, so you need to be flexible with your legs, absorb the jump and stuff.” » 01:06

01:06 Carl Murphy, New Zealand para-snowboarder, English

“And you’ve got to ski in a way through the course as fast as you can and most people would explain it, it’s like motorcross on snow.” » 01:18

01:24 Adam Dooney, New Zealand para-snowboard team

“We are actually only dealing with lower limb and upper limb. In lower limb we have quite a few riders and quite a few at a really high level and definitely international level.” » 01:34

01:36 Bibian Mentel, Dutch para-snowboarder, English

“In Sochi we will only work with a lower limb impairment group, man and woman.” » 01:40

01:43 Bibian Mentel, Dutch para-snowboarder, English

“If you start snowboarding you don’t snowboard with only your legs, you snowboard with your entire body so like making a turn comes from within your shoulders and then your whole body turns and that makes you turn. So, yes of course, I’m missing a leg which makes it a little bit harder maybe, but it’s not that different as it is from able-bodied. In my opinion it’s a



different story if you're an AK, because the AK's are above the knee amputees, so he or she misses knee which makes it very hard to bend your knees of course. And that's the disadvantage they have because below the knee amputee, a BK, can absorb the obstacles more easily than an AK." » 02:23

02:26 Adam Dooney, New Zealand para-snowboard team, English

"You don't choose your classification, you're given it. It's done via a classification system based on your impairment and you have to go through an evaluation of that impairment and so that involves a technical reviewer and a physio, a doctor as well and they classify you." » 02:43

02:45 Bibian Mentel, Dutch para-snowboarder, English

"Well at this moment a difference between disabled and abled bodies normally is that the features we are riding are a little bit smaller and besides that it's of course that the able-bodied ride four by four racing against each other. At this point we are only racing against time but hopefully in future that would be more or less the same." » 03:04

03:13 Bibian Mentel, Dutch para-snowboarder, English

"The equipment we use for snowboarding is individually adjusted." » 03:17

03:08 Carl Murphy, New Zealand para-snowboarder, English

"This is my prosthesis leg, I use it purely for snowboarding, it's got a custom-made foot, it's adjustable so that I can adjust the air pressure in the foot there are so different styles of riding for different styles of courses." » 03:31

03:46 Carl Murphy, New Zealand para-snowboarder, English

"So the foot plate is carbon fibre and Kevlar and the main structure angle block is titanium, three mould titanium, and it's obviously just a stock standard mountain bike shock." » 03:58

03:58 Bibian Mentel, Dutch para-snowboarder, English

"I really like to be in control, so if I initiate a turn, I want my leg to do the same. So there's no technical stuff in there at all. It is really really stiff. I can crack your skull with it☺. But it's..yeah...I like it that way." » 04:15

04:16 Carl Murphy, New Zealand para-snowboarder, English

"Here is a rubber foot sleeve which basically goes over the foot. It just makes it a lot easier to put my boots on. That'll be the foot, so there is no movement at the boots" » 04:33

04:34 Carl Murphy, New Zealand para-snowboarder, English

"Yes; just regular snowboard boots" » 04:39

04:39 Carl Murphy, New Zealand para-snowboarder, English

"Since the sport is included in Paralympics, the training has intensified 400 percent. It's almost a full time job now. Snowboarding, travelling, off-snow training in the gym, cardio and stuff, you know, wheter it's in physio, and it means also a sort of psych stuff." » 04:57





05:00 Bibian Mentel, Dutch para-snowboarder, English

“It’s just the beginning for para-snowboarding and for growing the sport, and we need to make so much more steps still to make it a solid sport in the Paralympic games, so there is still a lot of work to do. And just I love the challenge!” >> 05:15

Ends: 05:30

Inserts:

0:02	Para- Snowboard A video about the sport, rules and equipment
0:13	Adam Dooney Trainer, New Zealand para-snowboard team
0:28	Bibian Mentel Dutch para-snowboarder
0:39	Carl Murphy New Zealand para-snowboarder
0:48	Berm
0:54	Wutang
1:01	Roller
1:26	Upper limb Sport class SB-UL Lower limb Sport class SB-LL
2:07	AK – Above-the-knee amputee BK – Below-the-knee amputee



**Music List**FROM: RTV Film & Television

EPISODE #:

“How_to” para snowboardingSUPPLIER: RTV Film & Television

AIR DATE:

EVENT DATE: _____

TOTAL SHOW
DURATION05:30 min

Cue #	TIME	USAGE TYPE*	CD Spine Info	SONG TITLE	COMPOSER	LC Number	PUBLISHER	SOCIETY
1	00'50''	“How_to” para snowboarding	FA01001 7	COMING AFTER YOU	Maldonado Allen, Cadence Blaze, Lee Burgess, Asil Marie, Francisco SantaCruz	LC 07573	5Alarm Music	GEMA
2	00'15''	“How_to” para snowboarding	SCDV027 405	I WANT 2 B - Part 1 B	Reginald Keith, Columbus Tower Smith II	LC 07573	SONOTON	GEMA
3	00'25''	“How_to” para snowboarding	PGO0007 01	NEW SHERIFF IN TOWN	Mister Modo, Ugly Mac Beer	LC 2540 1	Parigo	GEMA

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