Young Athletes in Extreme Sports

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What is an Extreme Sport??

"There are only three sports: bullfighting, motor racing, and mountaineering; all the rest are merely games."

-Ernest Hemmingway 1955
What is an Extreme Sport??

- Speed
- Height
- Exertion
- Risk
- Special Equipment
1995 Extreme Games

- Skateboarding
- Bungee jumping
- Roller blading
- Mountain biking
- Sky surfing
- Street lugging

• Multisport Event created and developed by ESPN
• Rhode Island
Winter X Games

- 1997
- Big Bear
X Games 2013

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FOZ DO IGUAÇU, BRA | APRIL 18-21
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LOS ANGELES, CA | AUGUST 1-4

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**Summer X Games**

**Moto**
- Motocross speed & style
- Motocross best whip
- Motocross best trick
- Motocross freestyle
- Motocross endurocross
- Motocross step up
- Motocross adaptive

**Car racing**
- Rallycross

**Skateboarding**
- Skateboard vert
- Skateboard park
- Skateboard street
- Skateboard big air
- Skateboard best trick
- Skateboard game of SK8

**BMX**
- BMX freestyle vert
- BMX freestyle park
- BMX freestyle street
- BMX freestyle big air
- BMX best trick

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**Winter X Games**

**Skiing**
- Ski big air
- Ski slopestyle
- Ski superpipe
- Skier cross
- Monoski

**Snowboarding**
- Snowboard big air
- Snowboard slopestyle
- Snowboard superpipe
- Snowboard cross
- Snowboard best method

**Snowmobile**
- Snowmobile freestyle
- Snowmobile speed & style
- Snowmobile best trick
- Snocross

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**Past events**

**Inline skating**
- Inline vert
- Inline street
- Inline speed skating
- Inline vert triples

**BMX**
- BMX freestyle dirt
- BMX freestyle flatland
- BMX downhill
- BMX vert doubles

**Skateboarding**
- Skateboard big air rail
- Downhill skateboarding
- Skateboard vert doubles
- Women's skateboard vert

**Other**
- Climbing
- Street luge
- X-venture race
- Surfing
- Motocross supercross
- Wakeboarding
- Skysurfing
- Bungee jumping
- Super motorcross
- Barefoot waterski jumping

**Winter**
- Super modified snow shovel racing
- Winter freestyle motocross best trick
- Snow mountain bike racing
- Skiiboarding
- Ice climbing
- Ultracross
What Makes it Extreme??
What Makes it Popular??
Adrenaline??
Rejection of the Traditional

- Skydiving
- Scuba
- Surfing
- Rock Climbing
- Water Skiing
- Mountain Biking
- Mountaineering
- Storm Chasing
- Hang Gliding
- Bungee Jumping
Moving Away from Teams
Lack of Training
Lack of “Experts”
Lack of Judging Criteria
How Young is too Young??

• 2009- Dutch courts place a 13 year old girl under state care to keep her from attempting around the world solo sailing trip
• 2010- 13 year old summits Mt Everest
• 2006- 12 year old breaks Evil Knievel jump record
What Can My Kids Do??

• Snowboard
• Skating
• Martial Arts
• Quads
• Kayak
• Diving
• Surfing
• Biking
• Diving
• Climbing
Remember What You Used to Do...
Parents & Kids
(Not Versus)
Safety
Technique
Thank You