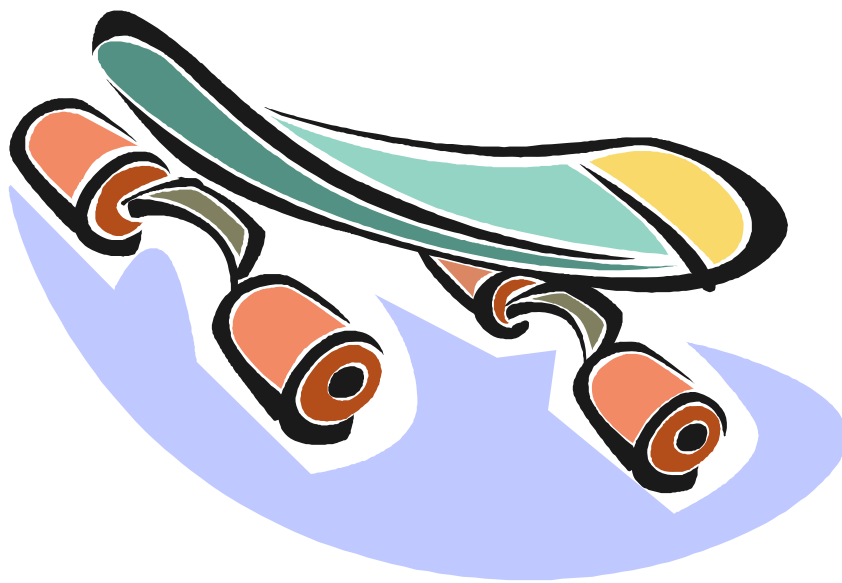

Skateboarding

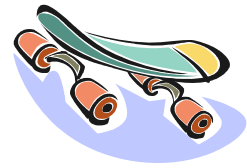
4-H Family

Back Pack # 8



4-H After School Program
University of California

History of Skateboarding



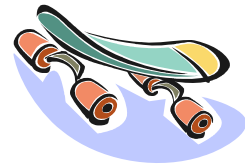
In the decade of the 1960 skate boarding was known as sidewalk surfing. The sport was equal to water surfing and was a hit with hundreds of teens. It disappeared during the 1970s and 1980s but came back with a vengeance in the 1990s. The counterculture sport has spun off sportswear and fashion that has become its own industry. Every school around the country has a clique that uses skateboard as the center of their lifestyle. The teens not only sit around and watch skateboarding videos but they also actually practice the sport by going to skateboard parks which are especially constructed so that the skateboarders can do tricks and aerals just like the professionals.

Watch a skateboarding video once and you will find out that the sport takes the agility and balance of surfing without the comfort of falling into water. When these teens take a "dive" or fall they hit rock hard concrete. Sometimes considered daredevils, these skateboarders can do tricks which include 360s in midair, 180s that will lift the skateboarder upside down with the skateboard above their head, and daredevil feats such as hopping their board onto a metal hand rail on a set of stairs.

If you want to start the sport of skateboarding it is pretty cheap to begin. You can find a board and safety equipment for under \$300 at most sporting-goods shops. The sport only gets expensive when you decide to join into the skateboarding culture and buy the top line equipment and all the fashion and glamour that go with it.



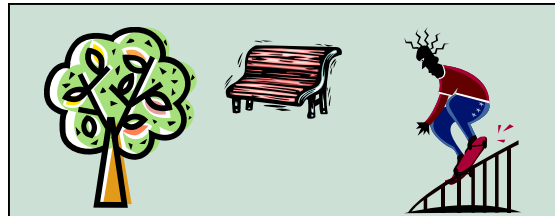
Skateboarding Craft Project



Educational Note: Kids will enjoy creating these miniature sports boards that develop fine motor and observation skills. They flex their fingers and brains by creating a park with slopes, ramps, tunnels, and bridges out of recycled materials you find around the house.

Supplies:

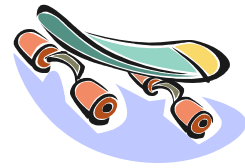
- Glitter
- Colored Markers /Crayons or poster paint
- White Glue
- Beads or plastic juice lids
- Craft sticks or pop cycle sticks
- Shoe box or other card board box



Directions:

1. Use washable Markers, crayons or poster paint to design snowboards or skateboards on wide craft sticks.
2. Add Glitter Glue to highlight your designs. Let dry.
3. To create wheels for a skateboard, attach recycled beads, or small plastic juice bottle caps with white Glue. Let dry overnight.
4. Using the shoe box or other size box you can create a skateboard park. You can add 3-Diminsion to your scene by adding things to your park such as small rocks, other small boxes which represent benches, plastic trees and so on. Let your imagination guide your design.

Skateboarding Snacks



Simple Mix: Combine one quarter cup each of the following ingredients: unsalted peanuts, sunflower seeds, dried cranberries, dried cherries, dried apricots, raisins, chocolate chips, pretzels, Cheerios, Chex, granola. (Feel free to leave out any ingredient that your family does not like). Mix together in a big bowl. Store in an airtight container or eat immediately.

Super Trail Mix: Combine equal parts of the following: dried cranberries, dried blueberries, dried apple, dried pineapple, peanuts, cashews, almonds, chocolate chips, white chocolate chips, peanut butter chips, butterscotch chips, mini marshmallows. Mix it all thoroughly and eat it before those sweets start to melt!

Healthy Mix: Trail mix can be a really healthy snack food if you choose the right ingredients when you're making it at home. Combine equal parts white raisins, raw almonds, raw sunflower seeds and dried pineapple. Make sure that the pineapple is organic, unsulfured, unsweetened dried pineapple. Mix together completely. Enjoy your healthy snack!

As you can see, even a more complex trail mix recipe doesn't have to be complicated at all! It's fairly easy to make trail mix and you can try your hand at many different recipes over the years. Perhaps you'll come up with a signature trail mix recipe all your own!

Enjoy your healthy snack!



How to Maintain a Skateboard



Adapted from the Editors of *Consumer Guide*.

The most important parts of skateboards are the wheels. To keep them moving at top speed, service the bearings whenever the wheels start to bind. Here's what you'll need to maintain your skateboard's wheels.

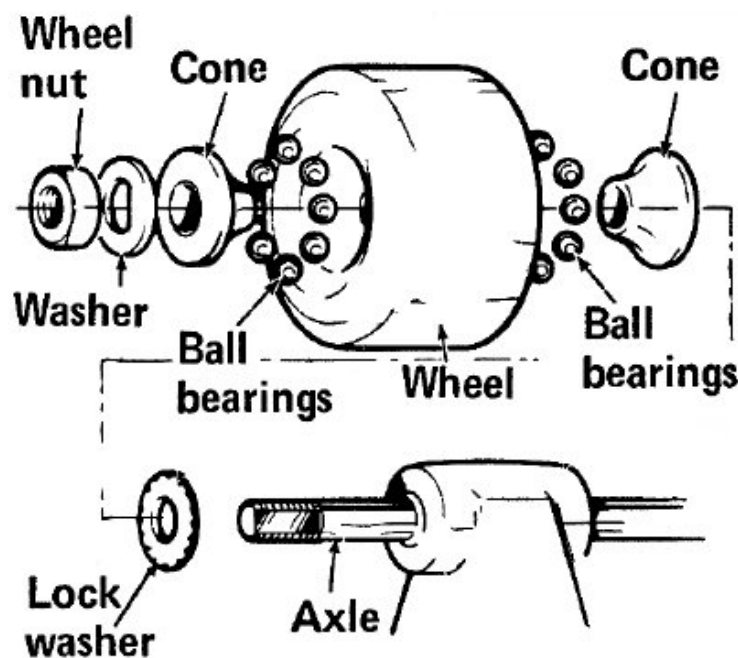
Tools: two small adjustable wrenches, and pliers, screwdriver.

Materials: household oil, bicycle grease, replacement ball bearings, rags.

Time: about 15 minutes to 1/2 hour.

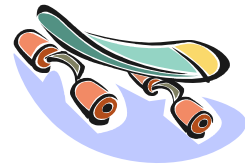
When skateboard wheels drag or bind, the problem is usually in the wheel bearings. Spin the wheel that's binding and look at the space between the axle and the edge of the wheel, behind the wheel nut. If you don't see small steel bearings in this space, the wheel bearings are sealed; have them adjusted or replaced by the skateboard dealer. If you see small ball bearings around the wheel, the wheel is constructed with open bearings, eight balls on each side of each wheel. You can lubricate and adjust these bearings yourself.

To service ball-type bearings, lubricate them periodically. Spin the wheel that's binding. If the bearings are noisy, they should be lubricated with oil. Apply household oil sparingly to each side of each wheel, every other time you skate. Don't over-oil; excess oil attracts dirt.



Lubricate wheel bearing regularly; if bearings are missing,

How to Maintain a Skateboard



If the bearings are quiet, they should be lubricated with grease. With a small adjustable wrench, remove the wheel nut from the axle. Unscrew the cone over the bearings and remove it. Take the wheel off the axle.

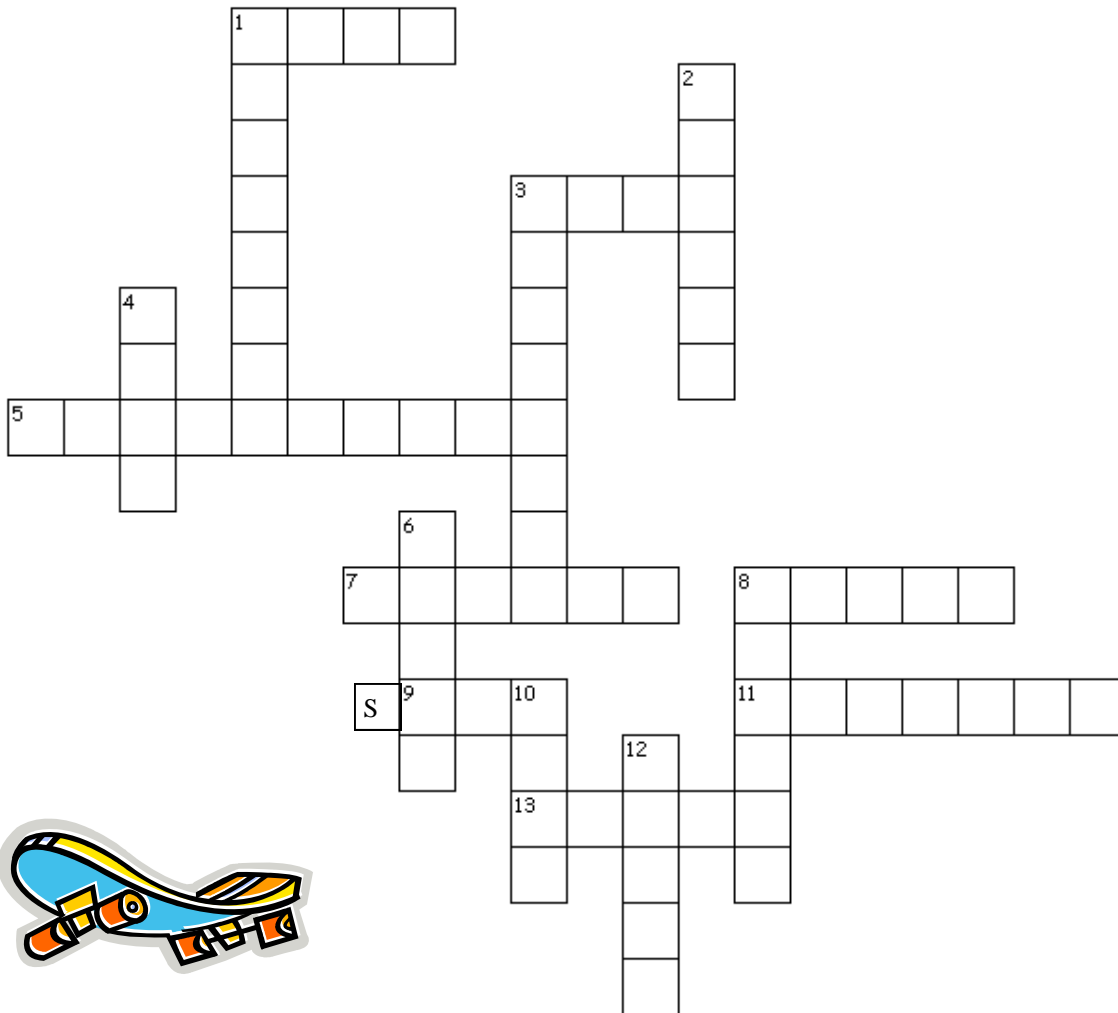
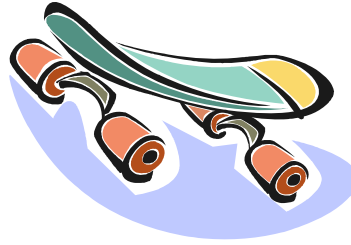
The bearings are held into the bearing races by bicycle grease. To lubricate them, apply a coat of bicycle grease to the balls and the race; remove excess grease from the wheel with a rag. Lubricate the bearings and the race on each side of the wheel, and then replace the wheel on the axle. Replace the cone over the bearings and hand-tighten it; then replace the wheel nut.

After greasing the bearings, adjust the cone and the wheel nut to the proper tightness. Hold the cone with a small adjustable wrench to keep it from turning. With another wrench, tighten the wheel nut. Tighten the nut only until the wheel spins freely but doesn't wobble; the wheel should not bind. It's better to leave the wheel a little loose than to over-tighten it. Each wheel should have 16 ball bearings, eight on each side of the wheel. If bearings are missing, replace the complete set of bearings with new bearings; buy the replacements at a skateboard shop. Even if only a few bearings are missing, buy a complete set of new bearings for all wheels; don't mix new and worn balls.

To replace the ball bearings, remove the wheel nut from the axle; unscrew the cone and remove it. Take the wheel off the axle. On each side of the wheel, remove the remaining old bearings from the bearing race, and clean old grease from the race with a rag. Coat the race with a thin layer of bicycle grease and set eight steel ball bearings into the race; the grease will hold the bearings in place.

After replacing the bearings on both sides of the wheel, replace the wheel on the axle. Replace the cone and the wheel nut, and adjust the wheel as above so that it spins freely. Keep these tips handy -- they'll help you spend more time at the skate park and less at the repair shop

Skateboard Fun



Skateboard Fun

Across

1. a good place to ride
3. Can cause youth not to wear equipment
5. causes injuries when riding
7. 90% of skateboard injuries
8. put away in a safe place
9. learn the correct way to _____
11. 6 out of 10 accidents (kids under15)
13. ride behind vehicles or bicycles

Down

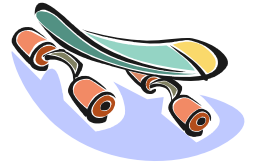
1. must learn how through training
2. used to protect my head
3. under 8 should not ride
4. 1/3 of skateboard injuries
6. one to a board
8. Look for damaged wheels and balls
10. used to protect my knees/wrists/elbows
12. down to reduce the fall



Answers
Down
1. Training
2. Helmet
3. Children
4. Head
6. Youth
8. Safety
10. Pads
12. Kneel

Across
1. Park
3. Cool
5. skateboard
7. Joints
8. Store
9. Stop
11. Falling
13. Don't

How to Maintain a Skateboard

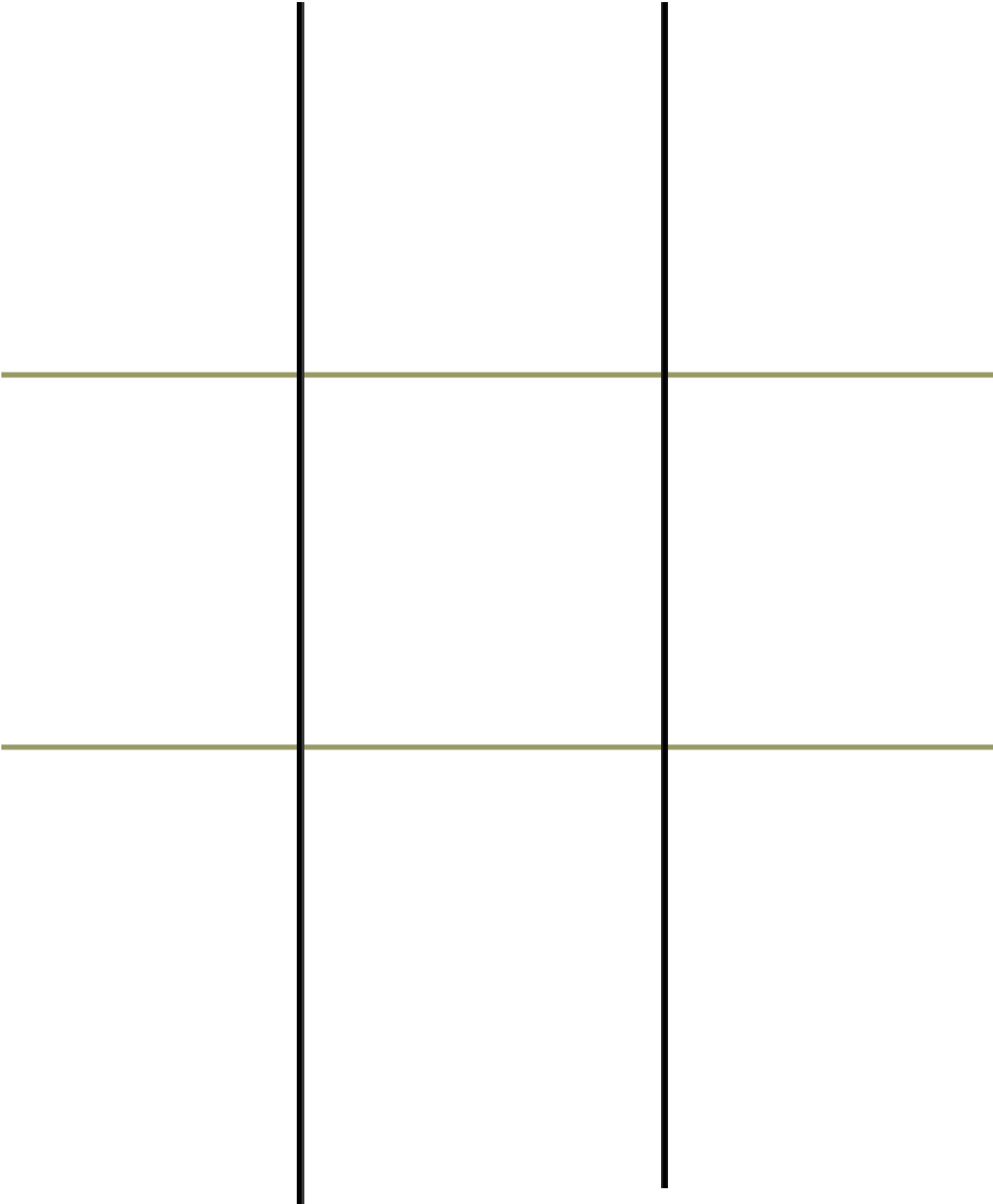


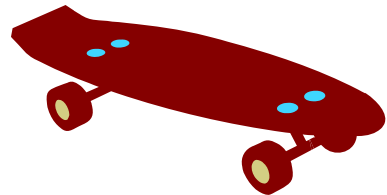
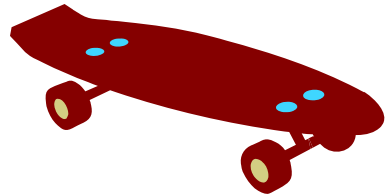
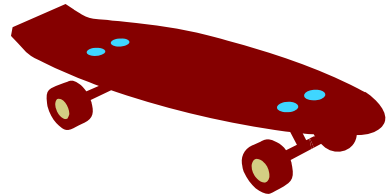
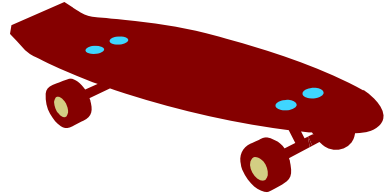
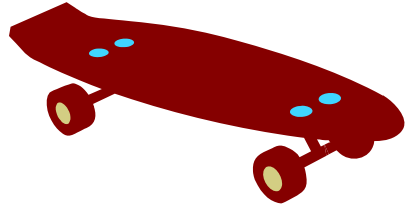
Rules for Tick Tack Skate Board

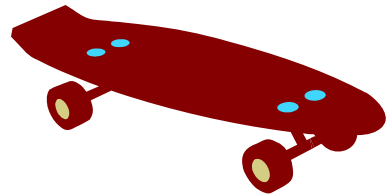
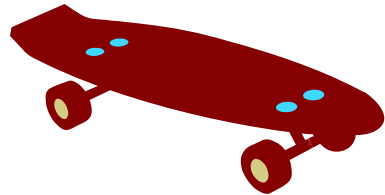
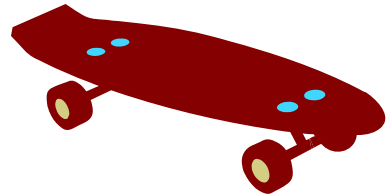
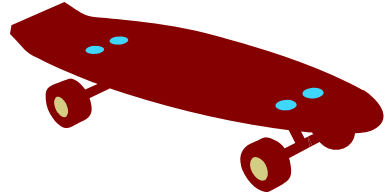
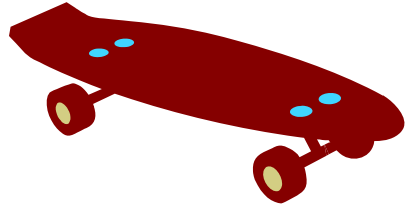
Tic-Tac-Skate Board (like the game **tick tack toe**) uses pencil-and-paper game for two players, using blue and brown skate boards as markers. Each player who take turns putting their Skate Board on an empty space in a 3 ×3 grid. Usually **the blue skate board** goes first. The player who succeeds in placing three respective marks in a horizontal, vertical or diagonal row wins the game. The winner then is the starter for the following game.

Note: Family members may want to draw their own skateboards to use as players instead of those provided. If so they need to determine what color goes first.

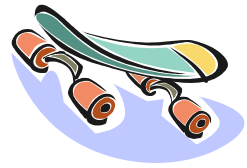
Tic-Tack-Skate Board







Color book web sites



<http://www.kidsuki.com/search.php?q=skateboard>

<http://www.edupics.com/en-coloring-pictures-pages-photo-skateboard-i6393.html>

<http://www.coloring-fun.com/skateboarding-coloring-pages.html>
