Welcome and congratulations on taking the first step to exploding your riding ability. It's Nev Lapwood here, I'm the head coach and director of Snowboard Addiction. I would like to personally thank you for purchasing this program. Every customer means a lot and each sale helps us to improve the program by putting out new and improved content. We are dedicated to your success. Follow the lessons, do the drills and exercises, and you will become a phenomenal rider.

Your e-mail will automatically be added to our distribution list. You can unsubscribe at any time. Please send a quick note to info@SnowboardAddiction.com if you don't want to receive any mail.

Take your time, master each step individually before moving on. Enjoy your progression. Don't try to watch, read and listen to all the content in one day. Focus on one area, go snowboarding for a day then come back and try something new. This will maximize your success.

The most unique part of our program is the "Mental Training Manual." The importance of this increase's exponentially as your riding improves, especially with advanced freestyle. Read it and learn the mental training techniques. It will help your snowboarding more than anything else.

Here's how to get the most value from the program:

Step 1: Watch the appropriate video and read what you want to learn in the corresponding manual.
Step 2: Apply the exercises/workouts and dry-land training. Make a snowboard workout your daily routine.
Step 3: Put the audios on your ipod and take them with you on the hill. Make sure you clearly understand the tricks you want to learn and the exercises outlined to help you stomp that trick.
Step 4: Practice mentally. This is the most important step. You will always be getting better at it. Visualize your tricks on the chair lift, at home, before bed, in the car, absolutely everywhere. The most imperative time to visualize, is right smack before you do the trick. Take your time, see it, then make it happen. This technique is pure gold. Play with it, have fun and remember to practice using it.

You'll need 2 programs to use all the material, you may already have them installed. You can also download them for free from the address's below:

1. **Itunes** – To watch the videos and listen to the audios.

   http://www.apple.com/itunes/download/

2. **Adobe Acrobat Reader** - to view the manuals.

   http://www.adobe.com/products/acrobat/readstep2.html

Camps and private coaching:
Snowboard Addiction runs various freestyle camps around the world. Our most popular is the Snowboard Addiction summer snowboard camp at the Camp of Champions, Whistler Canada during July each year.

Nev is also available for private coaching or camps at Whistler Blackcomb or any other location in the world.
Check out: www.SnowboardAddictionCamps.com for more info.

Phone/webcam sessions:
I often conduct phone-coaching sessions with addicted snowboarders in any part of the world. This is where individuals have the opportunity for a private call/conference with me to discuss their individual shredding needs:

- Is there something you want to learn?
- Something you're having trouble with?
- Do you have snowboard goals you'd like to achieve this year and are looking for a road map for success?
- Something from the program which you'd like clarification on?
- Do you want tips on how to get sponsored?
- Or maybe you'd just like to have a chat with a pro Snowboarder.

Phone coaching sessions are a very affordable way to get professional advice at a minimal price. Have a quick session before you head off on a trip or after you get back.
They are conducted via telephone or webcam conference if you use skype. A webcam (if you have one) is more beneficial because we can communicate with visual aspects.

The standard rate for phone/webcam coaching is USD $20 for a 15 minute session. Discounts are available for multiple sessions.
Payment can be made with all major credit cards, paypal, cash, check or bank transfer.
Our 100% guarantee also applies to phone coaching sessions.
Try your first one out risk free by paying after the session is complete. If you're not satisfied, it was yours for FREE.
Contact us via email to book sessions: info@SnowboardAddiction.com

Please keep in contact with any feedback, ideas or suggestions. They are greatly appreciated.

Feed your Addiction!

Nev Lapwood
www.SnowboardAddiction.com

Questions or comments? info@SnowboardAddiction.com