

Free Style Skiing



A winter sport that combines skiing and acrobatics. It combines speed, showmanship and the ability to perform aerial maneuvers.

Freestyle skiing focuses on acrobatics and includes three events: acro, aerials and moguls.

Ice Hockey



A winter game played on an ice rink between two teams of six skaters. The object of the game is to drive a small rubber disk (the puck) into the opposing goal with hooked or angled sticks.

Lunge



A sport in which one sleds supine (face up) and feet-first on a small sled.

The rider or luger steers by using their calf muscles to flex the sled's runners or by exerting opposite shoulder pressure to the seat.