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Lance Georgeson, M.P.T., Mammoth S.P.O.R.T. Center



In early November 2004, I had a wonderful opportunity to work with USSA Snowboard team for some early season training. Fortunately, our early season snow conditions were perfect and enabled us to have a great early season training camp. Many of the U.S. team participated including a lot of local riders like Tommy Czeschin, Luke Wynan, Chris Nelson and many others who call Mammoth home. In the past, I have been able to work with some of these riders individually providing rehabilitation for their various injuries. However, this was my first time providing therapy services for the U.S. team as a whole.

For most of the athletes, it was their first time getting back together as a team in training after a short off-season. Even with their short break from snowboarding, most of the athlete's major focus was improving their skills on the half pipe. Fortunately for the team, everybody was pretty fresh and healthy coming back from the off-season and there weren't any major injuries to contend with. However, there were a lot of minor strains and sprains that comes along when coming back for a new season. My days consisted of providing actual on-the-hill training with the athletes in the morning providing some rehabilitation services including taping, stretching, injury assessment, and treatments. And then in the afternoon, I was available for clinic hours to provide specific treatment to any injuries that needed assistance.

The past four years at Mammoth has been a great experience for me. It has prepared me to be able to work with high level athletes such as the USSA Snowboard team. I remember earlier when I was applying to physical therapy school, I was asked what my ultimate goal would be as a physical therapist. My answer was to provide therapy services for the US Ski or Snowboard team. I believe that moving to Mammoth was the greatest step that I have taken towards that goal, and I am pleased to say that after only six years of being out of school, I have started to reach my goal. I am looking forward to continuing to provide services for the U.S. Snowboard team and to our local population for years to come.