



## La Sierra Skate Park Donation

Yes I/we support the La Sierra Skate Park and would like to make a donation!  
Check the box of your favorite skate trick!

\_\_\_\_\_ \$100

**"5-O (Five-Oh)"**

**Definition:** A 5-0 (Five-Oh) is when the skateboarder grinds with only the back truck. The nose of the skateboard is up in the air a little, making the whole trick look and feel something like a manual.

\_\_\_\_\_ \$200

**"EARLY GRAB"**

**Definition:** Airgrabs are a type of grab skateboarding trick. The skater first gets a lot of air off of a ramp or halfpipe. For the full Airgrab effect, the skater should make a walking motion with his or her legs. Of course, to do this you would need to be in the air for a while!

\_\_\_\_\_ \$300

**"OLLIE"**

**Definition:** The Ollie is a fundamental trick in skateboarding where the skateboarder pops the skateboard into the air. The effect is the skateboarder jumping with the skateboard stuck to his or her feet.

\_\_\_\_\_ \$500

**"360 KICK FLIP"**

**Definition:** The 360 flip is a skateboarding trick. In this trick the skateboard does a backside 360 and a kickflip at the same time while the skater is airborne. Also called three flip and tray flip.

\_\_\_\_\_ OTHER

**"HEEL FLIP"**

**Definition:** The **heelflip** (aka **heel**), is an aerial skateboarding trick where the skateboarder kicks his board in order to make it flip 360 degrees along the board's long axis.

**PRINT CLEARLY**

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**Return donation to: CRPD ATTN: Elizabeth Crisante/Skate Park, 5325 Engle Road STE 100,  
Carmichael, CA 95608**