

# Snowboarder White's crash lands him in hospital



Shaun White's Instagram

**By Nick Zaccardi, NBC Sports**

Double Olympic snowboard champion Shaun White suffered a serious crash in training in New Zealand for the second time in as many months.

White was in the hospital after a “straight up old fashioned face plant” while preparing for the Olympic season, he said in an Instagram post Saturday.

“I’ve always lived my life by pushing the limits,” was posted on White’s Instagram. “Winning is great, but it’s the tough times that truly define you. I took a slam while training the other day, but don’t worry I’ll be back soon and better than ever!!”

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