

This month, Alex corresponds with Alexander, a 12-year-old competitive skier with Ski and Snowboard Club Vail in Vail, Colorado. The two talked about the rigors of high-level competitive training while attending middle school.

Hello, Alexander,

I like your name. I'm Alex, too. I am a 13-year-old from Golden, Colorado. I heard you ski moguls competitively. What made you decide to choose moguls over other types of skiing?

I used to ski almost every weekend when I was younger, but I only tried skiing moguls a couple of times. It's kind of intimidating. I might try to get back into skiing some time soon. My dad lives in Winter Park.

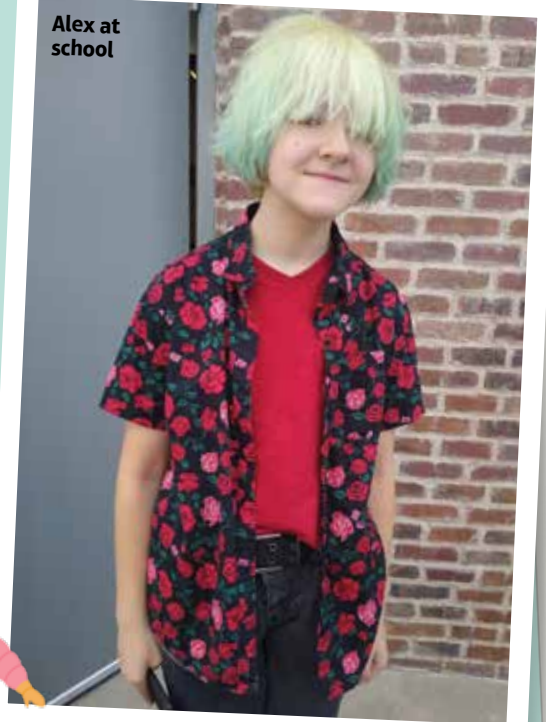
How long have you been skiing competitively? Do you travel a lot for competitions?

I hope to hear about it soon!

Sincerely,

Alex

Alex at school

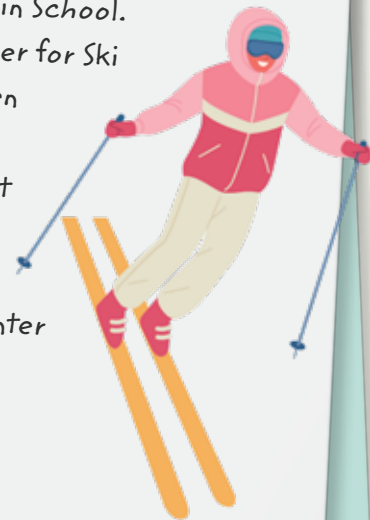


Alexander



Hey Alex,

My name is Alexander, and I am a seventh grader at Vail Mountain School. I am also a full-time mogul skier for Ski and Snowboard Club Vail. When I was 8, I started the moguls program and fell in love with it and have continued mogul skiing since then. This year I will travel to Steamboat, Winter Park, Telluride, A-Basin, and



Aspen for competitions. I train five days a week. During the school week, I ski in the mornings and then stay at school later to catch up on my work. My school is not a boarding school. I live at home with my parents.

What sports do you like to do in Golden? What is your school like? Have you ever been to Vail?

I will send some photos of me skiing soon as I have a competition this weekend.

Sincerely,

Alexander



Alexander hits the slopes.



Hi, Alexander,

I'm not much of an athletic person, but I like to roller skate sometimes. I got a skateboard this year for Christmas, so I am hoping to learn how to use it once the snow clears up.

My school starts at 7:20 and ends at 2:10, although I have to get up very early for my bus. Do you take the bus or do you drive?

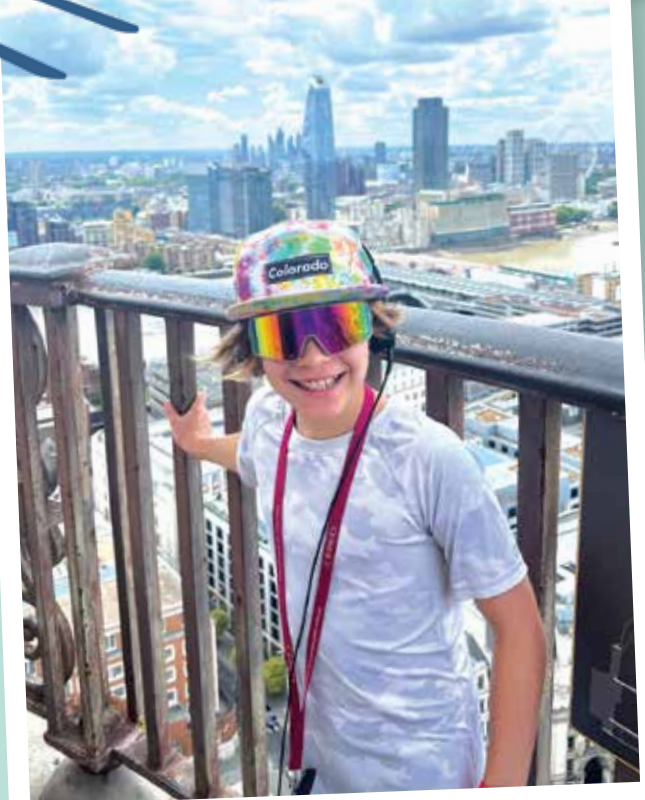
I don't remember ever going to Vail, but I might've gone and not remembered. What's it like there?

That's a lot of training to do! Was it hard when you started out? Do you win prize money from your competitions?

Sincerely,

Alex

Visiting London!



Hey, Alex,

Mogul skiing was hard when I started, but I've gotten the hang of it. I do not make any money at competitions. I just do them for fun. I came in 12th at my last competition, and I have another competition this weekend in Vail.

I also got a skateboard for Christmas! I roller skate for training as it is sort of like skiing. We roller skate in the summer to prepare for the winter.

Do you have any siblings?

Sincerely,

Alexander



Hi, Alexander!

I have two older siblings. They are both grown up and don't live at home anymore. Do you have any brothers or sisters? Does anyone else in your family ski?

Good luck with your races in Vail! What are competitions usually like? Do you get a chance to meet kids from other clubs? Do you get bored when you are waiting for your turn to ski?

I know roller skating is similar to ice skating, but I didn't know it was like skiing. What are the similarities? Do you ever take a break from training?

Sincerely,
Alex



Dear Alex,

Exciting news! I won my age group at my last competition! I think I skied better than I have all season.

I do not have any siblings. Both of my parents ski. Before I started competing, I would ski with them a lot.

Competitions are a lot of waiting as you get two runs every three hours. I usually free-ski between runs with friends. One run in a competition takes about 20-30 seconds. In mogul competitions, I am judged on turns, speed, and jumps. Some of the best tricks are the Kossack (you spread your legs and put your polls between your legs), and a 360 (spinning all the way around). I do meet kids from other clubs.

We practice jumps on roller skates because roller skis are much heavier than roller skates. We practice indoors at Woodward at Copper Mountain during the summer and early winter.

I take breaks from skiing in the summer, but I also go to a few camps, one in Canada and another one at Mount Hood. I do not train on Mondays and Thursdays during the winter months.

It was really great corresponding with you. If you ever make it up to Vail let me know!

Sincerely,

Alexander



Alexander waiting between runs



Alexander conquers a rope course.



What Is Mogul?

The mogul event is a form of freestyle skiing that takes place on a steep course covered in moguls. Moguls are a series of bumps. This event stresses speed, dexterity to make quick turns around the bumps, and high athleticism to perform aerial tricks.