

# LAUREN STOKES

## WPST DIRECTOR

### **WPST/Competition Center positions:**

WPST Director (2010-present)

WPST Coach (2004-2007)

WPST athlete (2002-2006)

Comp Center Marketing Coordinator (2011-present)

Comp Center Administrative Assistant (2009-2011)

**Hometown:** Denver, CO

**When did you first move to WP?** I moved up here part-time in the 2003-2004 season after graduating a semester early from East High School in Denver so that I could spend more time training for snowboard competitions!

**Favorite thing about coaching:** Seeing the kids progress in their passion for and skill in snowboarding, and seeing them find a sense of community in the team. Joining WPST was a life-changing experience for me and it's amazing to be able to pass along all the things I learned while riding with WPST, such as learning new snowboard tricks and skills, making lifelong friendships and growing as an individual!

**Favorite accomplishment in snowboarding:** The first one was finishing 1st in Overall Freestyle (2nd in pipe; 4th in slopestyle) for the Junior Women's age category at the 2004 USASA National Championships - my first year competing! The next two seasons I moved up to compete in the Open Women's category and was stoked to finish in the Top 10 at the 2005 and 2006 USASA National Championships! It was also rad (and intimidating at the time) to compete in the 2005 and 2006 Grand Prix Halfpipe events. Standing at the top of the pipe with Olympic medalists such as Hannah Teter, Kelly Clark, and Gretchen Bleiler was an incredible experience and highlight of competing in these events!

**Favorite trick to coach:** My favorite thing to coach is basically anything in the pipe! Doesn't matter whether it is helping kids perfect their edging technique so they can boost out of the pipe, or learning tricks such as spins, air-to-fakie, or the totally under-valued alley-oo! Also, I love teaching all four 180s because they are the building blocks for all other spins.

**Favorite trick to perform:** Back when I was competing, my favorites were front 540s in the pipe and frontside and backside 3s on jumps. I'll always have a soft spot for backside 180s too!

**Why did you get involved in WPST?** As an athlete, I wanted to become a better rider in and out of the park and I wanted to compete! I started coaching because I wanted to share with the next generation my passion for snowboarding in general and WPST in particular. I also worked at the Comp Center front desk so that I could gain a better understanding of the behind-the-scenes action of the Competition Center, which segued nicely into my current role as the WPST Director. I was honored to take on the role of WPST Director because of the opportunity to find new ways to make WPST bigger, better, and more fun than ever!

**Why do you love snowboarding?** In a nutshell, I love the sense of freedom that I get while sliding down the mountain, making pow turns, or airing out of the pipe!

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**What is something about you we may not know?** I'm currently pursuing my Master's degree in Counseling Psychology from the University of Colorado at Denver and hope to combine my degree with snowboarding through sport psychology. Down the road I also want to get involved in Animal Assisted Therapy, where the counselor has an animal "co-therapist." I would want to work with either dogs or horses as my co-therapist!

**What other work do you do?** In addition to being the WPST Director and going to school part-time, I'm also the Marketing Coordinator for the Competition Center and help with the bike races held at Winter Park during the summer! I worked part-time at Powdertools Snowboard Shop from 2004-2008. I also was a wrangler at Devil's Thumb Ranch in the summer of 2009 and the Assistant Manager of the Billabong in Vail during the 2008-2009 winter season.

**Anything else fun you want to share?** I spent one season in Vail and quickly realized that it was not for me and that Winter Park is definitely my home - this place definitely has the best people, mountain, terrain parks, summer fun, and most importantly has the best snowboard team!!