

# RICH NELSON

## WPST Coach since 2010

**Hometown:** Colorado Springs, CO

**Favorite thing about coaching:** I love working with a dedicated group of kids that are excited about snowboarding and at least most of the time are excited to learn. It allows me to stay where I love to be on the mountain more than normal instruction – in the terrain parks!

**Favorite accomplishment in snowboarding:** Going back and sticking the trick I was trying when I blew out my knee the previous season.

**Favorite trick or skill to coach:** Backside 180s

**Favorite trick or skill to perform:** Method

**Why did you get involved in WPST?** I had several of my students from ski school that I enjoyed working with more than any other move over to Comp Center. From that day on I decided that instead of watching kids that I enjoyed working with leave to another program at the resort I would just start working at that same program. Took a few years but here I am, and here I'll stay!

**Why do you love snowboarding?** Snowboarding is all about fluidity - the natural flow of your body over the board. How you move down the mountain, taking advantage of every little nuance that you can to enjoy that run. When a good snowboarder is riding you can just see how every part of their body is incorporated to achieve the task, whether a cliff drop, a jib trick, or a double cork. It's all about making it look as fluid as possible.

**Something interesting about you we may not know:** I spent several years coaching soccer for the valley. They were very good years and I enjoyed them. I may or may not get back into it if the opportunity arises, they were definitely worthwhile and I learned a lot from them.

**What other work do you do?** I've been teaching at Ski and Ride School since 2004. I used to work at Goody's in The Village. This season I'm taking a break from that and moved right next door to Shirt Off My Back.