

The Active Curriculum

Students are required to participate in both a sport and a work crew two times each week (a total of four afternoons per week), working alongside a faculty instructor/leader. Activities change on a quarterly basis. All students are given choice sheets on which to indicate their top three choices for the quarter. These activities are scheduled by the Active Curriculum Director, with student attendance and participation being monitored by faculty leaders. Students receive a written evaluation for each activity, and attendance is weighted equally with academic classes. The CRMS active curriculum is accredited by the Association for Experiential Education.

Sports Program

**An asterisk denotes core program offerings.*

Please see attached fee list for all fees.

Canoeing

Our canoeing program is designed to challenge students of all abilities. Students learn the basic skills and techniques required to safely navigate flat and whitewater sections of the Colorado and Roaring Fork rivers. The school provides equipment.

Cross-Country Running

Cross-country running provides an opportunity for students to develop their physical fitness while exploring many of the trails in the Roaring Fork Valley. The focus is on proper preparation for running, including warming up, stretching, and different techniques for running on different types of terrain (flat, hilly, rocky, paved, etc.). These skills are then applied during bi-weekly runs to develop a sense of pacing and allow students to run for longer periods of time.

Hiking

Students participate in moderate to difficult hikes on local trails and discover the flora and fauna of the area while learning about safety and equipment needs. This is an excellent opportunity to explore the area and to learn navigation skills.

Kayaking*

BEGINNING, INTERMEDIATE, ADVANCED

Kayaking at CRMS is designed for students of all abilities to learn basic skills, kayak safety, and equipment and water evaluation. Starting on the school's ponds and progressing to local rivers, kayakers learn to roll as well as "wet exit." The school provides equipment.

Kayaking – Competitive*

Competitive kayaking is for those interested in training for kayaking competitions who can demonstrate a base level of competence in all areas of kayaking – slalom, down-river, freestyle, river running, instruction, and river rescue. Kayakers learn to build confidence with controlling their boats in chaotic situations while having a lot of fun. Students paddle four days a week and attend weekend competitions in the spring quarter.

Mountain Biking*

BEGINNING, INTERMEDIATE, ADVANCED

Our mountain-biking program offers moderate to difficult bike rides on local trails. Students discover the flora and fauna of the area while learning about safety and equipment needs. This is an excellent opportunity for those new to CRMS to explore the area and to learn bike handling skills. Students must have their own bike, helmet, and gloves.

Mountain Biking – Competitive*

The cycling team is committed to developing the mental and physical skills needed to race a bicycle through focused practice and training. Most disciplines of cycling are supported within the cycling team, including cross-country, road, and gravity-based disciplines. We understand our athletes will lean toward a single discipline, but we encourage the development of well-rounded riders and racers who can excel at multiple disciplines. The cycling team is committed to having all team members race at least once during the fall and spring seasons.

Recreational Tennis

Offered in the fall and spring, recreational tennis is for players of all abilities. Students receive instruction in all aspects of the game: technique, strategy, tactics, and rules.

Rock Climbing*

BEGINNING, INTERMEDIATE, ADVANCED

Our rock-climbing program is designed to challenge students of all abilities using local bouldering areas, the school climbing wall, and area top-roped climbs. It begins with an introduction to climbing techniques, including foot-work and balance while bouldering. As students develop skills and become more comfortable on the rock, they move on to roped climbs where they learn proper belay technique and discuss safety concerns related to climbing. (Please note: students are not taught lead-climbing techniques.)

Rock Climbing – Competitive*

The climbing team is focused on helping students improve through a regimented workout schedule, technique work, and time spent climbing in the field. The team competes in the Junior Competitive Climbing Association's North Face/ La Sportiva Colorado regional series. The competitions take place in climbing gyms throughout the state, include bouldering and roped climbing, and are participation-oriented. Team members have ample time to climb outside on the boulders in Redstone, on the limestone of western Colorado, and on the climbing wall at school. Registration fees for competitions are additional to the standard climbing fee.

Ski Team – Alpine*

The Alpine Ski Team is an extensive racing program that competes at the Colorado High School Athletic Association (CHSAA) level. Emphasis during the second quarter is on dryland conditioning and early-season skiing at Aspen ski areas. Training during the winter quarter takes place two to five days a week. Racers compete in the CHSAA and USSA race series at various ski areas throughout Colorado. Athletes must be extremely self-disciplined, as the balance of CRMS academics, school activities, and training is difficult to maintain.

Ski Team – Nordic*

Starting with the second quarter, the Nordic Ski Team meets four afternoons per week and on weekends when on snow. The goal is to help skiers develop to their full racing potential. Workouts are individualized and self-motivation is crucial. On-snow camps occur during Thanksgiving week and the first week of Winter Break. The competition season starts in mid-December and continues through the end of March. The major racing focus is on the USAA Junior Olympic qualifying series that culminates with the Junior Olympics, normally held the second week of March.

Skiing – Instructional Nordic*

Two afternoons per week, students learn the basics of nordic skiing on groomed trails. These skiers, instructed by CRMS faculty, ski mainly at the Spring Gulch Trail System and work on techniques specific to in-track skiing. Because the training is not as extensive as the Nordic Team's, this activity allows students to explore their interest in cross-country skiing without having to commit as much of their free time. Appropriate equipment is needed.

Skiing – Instructional Alpine*

Separate groups of beginning, intermediate, and advanced skiers meet two afternoons each week at the Snowmass ski area. Qualified ski-school staff provide instruction on each level. CRMS faculty accompany each group. This activity runs for the entire winter term. Students must own or rent their equipment; helmets are required.

Skiing – Instructional Telemark*

This telemark group skis two afternoons per week during the third quarter at Aspen ski areas, accompanied by CRMS faculty. Appropriate equipment is required.

Skiing – Off-Piste*

This activity meets four afternoons per week during the winter quarter at various Aspen ski areas. This is an ideal program for advanced skiers who want to study avalanche and snow conditions as well as learn general skills for backcountry travel in the winter. Helmets are required.

Skiing – Telemark Team*

This is a developmental competitive program designed for students with backcountry telemark experience or with a strong Alpine ski background. The team starts with dryland training four afternoons a week in the second quarter and spends the winter quarter training on snow at the Aspen ski areas. The primary goal of the team is to produce well-rounded telemark skiers with a mild amount of competitive experience. Students are expected to attend freestyle competitions. Helmets are required.

Skiing/Snowboarding – Dryland Training*

Dryland training is required for students who plan to compete during third quarter on the Nordic, Alpine, Telemark, Off-piste, and Snowboard teams. Each team follows a demanding training regime designed to lay the foundations, both physiologically and technically, for successful racing on snow. Each workout will have a specific focus and each skier/rider will be helped to formulate a training program and keep a log of his or her training progress.

Snowboard Team*

Emphasis during the second quarter is on dryland conditioning and early-season riding at Aspen ski areas. Training during the winter takes place two days a week. The program accommodates the higher-level riders as well as competitors new to the sport. The riders compete in local events. Athletes must be extremely self-disciplined, as the balance of CRMS academics, school activities, and training is difficult to maintain. Helmets are required.

Snowboarding – Instructional*

Separate groups of beginning and intermediate riders meet two afternoons each week at the Snowmass ski area. Qualified ski-school staff provide instruction on each level. CRMS faculty accompany each group. This activity runs for the entire winter term. Students must own or rent their equipment; helmets are required.

Soccer*

CRMS's boys' and girls' soccer teams play in the Colorado high school 3A league. When possible, varsity and junior varsity teams are fielded. Practices consist of skill-building drills, conditioning, and scrimmaging. Practices are held at least five days per week, in addition to games. The boys' season starts a week before school with an intensive training camp and culminates in playoffs at the end of October. Practices for girls' soccer begin in early March and their season ends in playoffs in mid-May.

Swimming

Lap swimming is an activity designed to motivate and inspire students to excel in a full-body muscular and cardiovascular workout twice a week. As a conditioning activity, swimmers are encouraged to work up to at least a one-mile swim. Instruction in basic strokes is provided, as are interval training and basic life-saving maneuvers.

Weight Training/Fitness

This activity offers individualized fitness programs to students focused on developing cardiovascular and muscular endurance, strength, and overall vitality. Self-discipline is expected, as workouts are done individually or with a partner, although faculty provide instruction and supervision.

Yoga

Yoga engages in the practice of postures as they are taught in three different traditions: Ashtanga, Anusara, and Bikram's. Students work on alignment and flow, as well as meditation and Yoga philosophy.

Work Program

Adobe

The Adobe work crew students learn to mat and frame work and develop an eye for proper placement and display in hanging shows. They also take slides and digital images of student artwork for their individual portfolios as well as for a class record. They organize art reproductions for the art- history component of the Adobe art classes and clean and organize the Adobe when time permits. The students who are on the Adobe work crew are a significant part of our art program.

Bike Shop

This crew repairs and tunes bikes for members of the CRMS community in the bike shop on campus. The Bike Shop work crew teaches students about basic bicycle maintenance and repair. Additionally, the bike shop strives to promote bicycling as an efficient and healthy means of alternate transportation.

Blacksmithing

Students on this crew produce community projects such as bike racks, chandeliers, railings, coat racks, and table centerpieces. The students work in the on-campus forge with direct supervision by faculty.

Ceramics

Students in the pottery studio mix clay and glazes, load kilns, and develop a production line of plates, bowls, and mugs for the school dining room.

Community Outreach

This activity focuses on extending students' awareness beyond the campus into the broader community. In the past, students have volunteered in the local nursing home and at the animal rescue shelter. Currently, the students tutor in the local public schools, both elementary and middle.

Garden

Students work in the school's organic vegetable garden. They have the opportunity to learn all aspects of horticulture, from soil preparation to harvesting. The student-built geodesic-dome greenhouse, straw-bale building, and hoop greenhouse serve as the hub of the garden, and students maintain those spaces in working order. Food from our garden provides organic vegetables for our dining room.

Glassblowing

The purpose of this activity is to serve the school community through the creation of valuable pieces of blown glass. In order to accomplish this, students go through an extensive safety orientation and then spend a good deal of time developing the skills needed to work in this medium. Teamwork is a vital element in the actual making of pieces and in the sharing of knowledge. Students have made drinking glasses for the dining room as well as bowls and other items. Students also have a bit of time to make their own work.

Kitchen

Students are supervised by and work with the kitchen staff in areas of food preparation, pre-meal setup, and cleanup. As the kitchen relies on students for key support in preparing meals, responsibility and punctuality are important.

Library

This crew gives students the opportunity to assist in the library four hours a week during free periods. Students shelve books, sort periodicals, develop displays, and process new books, among other tasks.

Preschool

This crew gives students an opportunity to assist in the daily activities of children three to five years old who attend the Children's Rocky Mountain Preschool that is located on campus. With the preschool teachers, students learn topics such as child development, teaching methods, learning theories, and problem solving.

Ranch

Students involved in this historic work crew are the labor force for the school's ranch operation and upkeep of the schools grounds. Students build and repair fences and corrals, maintain the irrigation ditches, feed livestock, and do numerous odd jobs around the 300-plus-acre property. This crew may also landscape, paint buildings, perform small construction projects, and participate in larger projects currently underway on campus. This crew may also landscape, paint buildings, perform small construction projects, and participate in larger projects currently underway on campus.

Recycling

The Recycling crew spends two afternoons a week collecting glass, paper, cardboard, and aluminum generated on campus, and makes preparations for these materials to be transported to community recycling centers. This crew works to implement energy-saving and carbon footprint reduction initiatives and educate the community about ways to conserve energy and promote sustainability.

Trip Planning

This crew works with the Outdoor Program logistics coordinator two days a week to organize the food and equipment for Fall and Spring Trips.

Yearbook

Producing the yearbook takes a full academic year. Although students are not required to participate for the whole year, some consistency is required and encouraged. The Yearbook staff takes all of the photos for the book and contributes the cover, artwork, and layout.