

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p><b>TEAMS</b> Boys soccer Cross Country Mountain Bike</p> <p><b>SPORTS</b> Climb 1-3 Horse 1-2 Kayak 1-3 Mountain Bike 1-3</p> <p><b>SERVICE CREWS</b> Blacksmithing Bike Shop Ceramics English in Action Garden Glassblowing Kitchen Ranch Route Setting Trip Prep Service Squad</p>	<p><b>TEAMS</b> Alpine Freeride Climb Nordic Telemark*</p> <p><b>SPORTS</b> Fitness &amp; Field Games Hiking Mountain Bike 2/3 Skateboarding Strength &amp; Fitness Yoga Climb ½</p> <p><b>SERVICE CREWS</b> Basecamp Bike Shop Blacksmithing Ceramics Ethics Bowl Equine Therapy Glassblowing Kitchen Ranch Marketing and Photography Woodworking Yearbook Arborism</p>	<p><b>TEAMS</b> Alpine Freeride Climb** Nordic Telemark</p> <p><b>SPORTS</b> Backcountry Powder Hounds Instructional Alpine Skiing Instructional Snowboarding Snowshoeing</p> <p><b>SERVICE CREWS</b> Basecamp Blacksmithing Ceramics English in Action Garden Glassblowing Kitchen Ski Shop Ski Photography Woodworking Yearbook</p>	<p><b>TEAMS</b> Mountain Bike Girls Soccer Kayak</p> <p><b>SPORTS</b> Mountain Bike 1-3 Climb 1-3 Hiking Kayak 1-2 Skateboarding Strength &amp; Conditioning Trail Running Yoga</p> <p><b>SERVICE CREWS</b> Alumni Relations Bike Shop Blacksmithing Ceramics English in Action Garden Arbor and Nursery Glassblowing Ranch Route Setting Trip Prep</p>

Each quarter, students choose 1 sport and 1 service crew to participate in 2 times each week, or they can be on a team that practices 4 afternoons each week. If you participate in teams year-round, you need at least 1 quarter of a service crew. 2nd quarter is the recommended time to satisfy this requirement.

\*This includes a service component that satisfies the service requirement.

\*\*During the 3rd quarter, these teams allow students to participate in instructional snowsports.

# TEAMS

## **Bike Team**

In the fall, the Bike Team trains and competes in 4 races in addition to State Championships. Training happens 4 days per week to build fitness, skill, and endurance. *There will be a preseason training opportunity Aug 21-25, 2025.*

## **Boys Soccer Team**

The Colorado Rocky Mountain School boys' soccer team plays in the Colorado High School 2A League. When possible, varsity and junior varsity teams are fielded. Practices consist of skill-building drills, conditioning, and scrimmaging. Practices are held at least four days per week, in addition to 12 games. *For returning students, there will be a preseason training August 22-26, 2025.*

## **Cross Country Team**

The cross country team will train and compete in 4 races in addition to States for those who qualify. Focus is on improving fitness and endurance, while working to improve personal benchmarks and goals.

## **Climb Team**

The CRMS Climbing Team competes in the Colorado High School Climbing League and participates in 5-6 events around the state in addition to States. The Climb Team trains and advances student climbing skills, engages in challenges, and shares the camaraderie and support that comes with team participation. The Climb Team meets 4 days per week in the 2nd Quarter and 3 days per week in the 3rd Quarter. (\$200 per quarter).

## **Nordic Team**

CRMS maintains a robust Nordic tradition which provides students every range of opportunity, from a first experience to high-level competition. Students find gratification in this sport, whether they are gliding through the woods or pushing themselves for their personal best. Training is individualized, and coaches work with each skier to develop a program that will meet their goals. Students with varying ability levels race using both classic and skate techniques, with the goal of instilling a sense of passion and adventure for the sport. In 2Q the Nordic Team will dedicate 4 days per week to dryland training in preparation for the 2023 season. In 3Q, the team will head to Spring Gulch and local Nordic ski tracks. The Nordic Team is an excellent choice this season for seasoned skiers and newcomers alike!

## **Telemark Team**

Telemark Skiing is the oldest form of skiing, beautifully combining elements of Nordic and alpine skiing. "Free heel" skiing, originally made popular as a mode of backcountry transportation, now enjoys widespread popularity at ski areas worldwide. CRMS welcomes students with telemark experience or advanced-level alpine skiers interested in this unique discipline. In the 2nd Quarter, the Telemark Team will dedicate 2 days per week to dryland training in preparation for the 2025 season and 2 days per

week to campus service as a team-building experience. In the 3rd Quarter, the team will head to the mountain as well as continue with dryland strength and stamina training on off-mountain days. The competitive season will involve several local/in-state freestyle competitions. Members of the Telemark Team are required to participate in the competitions.

### **Alpine Freeride Team**

CRMS will launch a second year of Freeride Team. Big Mountain skiing focuses on an expression of creativity, precision, and fun in the winter mountain environment. Students will need to be expert skiers and be comfortable with powder skiing (assessments will be made as to appropriateness). Skiers will focus on searching for the best lines on potentially steep, complex terrain. Developing risk assessment skills and judgment will also be a large part of this team experience. Members of the team are required to participate in all competitions throughout the season.

### **Kayak Team**

Competitive kayaking is for those interested in training for kayaking competitions, and who can demonstrate a base level of competence in all areas of kayaking—slalom, downriver, freestyle, river running, instruction, and river rescue. Kayakers may compete across the state, with most competitions held near campus and in Buena Vista and Salida, Colorado.

### **Girls Soccer**

The Colorado Rocky Mountain School girls' soccer team plays in the Colorado High School 2A League. When possible, varsity and junior varsity teams are fielded. Practices consist of skill-building drills, conditioning, and scrimmaging. Practices are held at least four days per week, in addition to 12 games. The girls' season starts in late February and will end in early May unless we continue into the postseason.

## **SPORTS**

### **Fitness and Field Games**

As the season transitions from fall to winter, this fun-centered active focuses on strength and stamina training in preparation for the ski season ahead. Students will rotate through various workouts, runs, and challenges, as well as engage in field games such as ultimate frisbee, capture the flag, and other group games.

### **Skateboarding**

This fun, skills-based offering will focus on fundamental skills as well as the opportunity to work on new ones. Skateboarding is a great shoulder season sport to develop balance and agility. We will utilize both our on campus space as well as the local skate park. Helmets and protective gear will be required.

## **Strength and Conditioning**

This fitness-centered Active focuses on strength and stamina training for overall good health. Students will rotate through various workouts, runs, and challenges, both indoors in our Strength & Conditioning Center as well as outdoors.

## **Yoga**

Did you know that yoga is more than just stretching? Yoga teaches how to breathe while challenging your body physically, to prevent injury, to gain strength, and to be more balanced in your sport of choice. This versatile discipline not only helps alleviate stress but provides a pathway to strength and fitness for mind, body and soul.

## **Instructional Nordic Skiing**

Put on a pair of skinny skis and enjoy the pleasure of skiing at Spring Gulch only 10 minutes away. The instructional program welcomes skiers of all levels with a focus on fundamental skills and great exercise. This sport can be both amazing stamina training for the serious athlete and/or enjoyment of the woods and outdoors in the winter. CRMS may be able to provide gear if necessary.

## **Instructional Snowboarding**

CRMS snowboarding focuses on developing fundamental skills from basic stance to carving turns, helping students develop technique, competency, and confidence while encouraging a love for this life-long sport. Everyone is taught the Skier Safety and Responsibility Code as well as Park Smart Terrain Park Safety. All ability levels (green through double black) are represented in the instructional program. Students should expect a blend of instruction and freeride within their ability level group.

## **Instructional/Developmental Skiing**

CRMS skiing focuses on developing fundamental skills in a variety of skiing styles (telemark, alpine, freeride) helping students develop technique, competency, and confidence while encouraging a love for this life-long sport. Everyone is taught the Skier Safety and Responsibility Code as well as Park Smart Terrain Park Safety. All ability levels (green through double black) are represented in the instructional program. Students should expect a blend of instruction and freeride within their ability level group.

## **Powder Hounds**

One of the best ways to enjoy carving turns in fresh powder in the backcountry is to first earn them by skinning or hiking up. CRMS instructors introduce and practice the basic concepts of avalanche awareness and precautions. This active group will spend the majority of its time in the backcountry, but will also ride lifts to explore various “Hike-To” terrain from the top of the lifts as well as the adjacent “side-country” beyond the ski area boundaries. All student participants are required to carry the proper avalanche equipment when entering the backcountry (CRMS can provide avalanche safety equipment and has a limited inventory of BC skis to loan). This active offering is open to advanced intermediate to expert skiers and riders. Snowboarders will need a split board to participate.

## **Snowshoeing**

The CRMS winter schedule offers an amazing opportunity to get out for a full day of winter exploration! This active focuses on snowshoeing and getting out to adventure on our local trails and mountains. Students will learn snowshoeing fundamentals with equipment provided by the school. Aspen Center for Environmental Science (ACES) guides will also show us about winter animal tracks and adaptations, snow properties and more. Get ready to experience the joy of a Colorado winter day!

## **Hiking**

Explore local trails in the Crystal and Roaring Fork Valleys. Get out in the woods, stretch your legs, and take in the views while having fun with a crew of friends a couple of afternoons a week.

## **Horseback Riding: Beginning, Intermediate**

The Colorado Rocky Mountain School Horsemanship Program is divided into two sections – a start-up section and an intermediate/experienced section. Both sections follow a “whole horse” curriculum based on the following fundamental values: the horse/human connection, horse care, and well-being, groundwork and training principles, fundamental riding skills, and agility series. The overall goal of the Colorado Rocky Mountain School Horsemanship Program is to develop a rich and rewarding relationship with horses as a way to foster such traits as confidence, connection, and mastery of basic equine skills.

## **Mountain Bike: Beginning, Intermediate, Advanced**

CRMS is at the heart of a network of scenic mountain trails and progressive bike paths, providing students with the opportunity to adventure on beautiful mountain and desert trails just minutes from campus. Students in the program learn about safety and how to ride, in addition to using their equipment and developing bike-handling skills. Riders of all abilities can learn, and master mountain biking. In the intermediate and advanced levels experienced riders ride our local trails strengthening skills and endurance. A great way to get in shape and enjoy the variety of riding the Roaring Fork Valley has to offer!

## **Kayaking: Beginning, Intermediate, Advanced**

This program is designed for students of all abilities, beginning on the school’s kayak pond before progressing to local rivers. The pond provides calm water for kayakers to practice techniques and safety procedures. Kayakers then take these skills to the next level on the rivers adjacent to campus—the Crystal and the Roaring Fork. CRMS has three miles of river to practice on that is within walking distance. In all levels instructors provide safe experiences for athletes to learn and receive feedback for further advancement. There is a strong emphasis placed on safety and river rescue from beginning to advanced levels. Techniques such as how to roll the kayak and how to perform a “wet exit” are high priorities. Students learn how to be aware of river hazards and use proper techniques to deal with them, as well as being aware of swimming hazards and how to perform self rescues.

## **Rock Climbing: Beginning, Intermediate, and Advanced**

Our rock climbing program is more than simply a sport at Colorado Rocky Mountain School. It is designed to challenge students of

all abilities using a progressive curriculum that will advance beginners as well as lead climbers. Colorado Rocky Mountain School uses local climbing areas, the school climbing wall, and world-class climbing areas such as Rifle Mountain Park and Indian Creek. The program begins with an introduction to climbing techniques and progresses as students learn proper belay technique and safety concerns related to climbing. Our program provides instruction and coaching that helps students develop fundamental skills and become competent climbers.

### **Trail Running**

Spring is the time to get outside! The weather is warming and it's a great time to run. Keep your mind and body fit and healthy as you head into spring.

## **SERVICE CREWS**

### **The Service Squad**

The Service Squad is a crew dedicated to community service within the Roaring Fork Valley. CRMS students will have the opportunity to engage with the greater community through service as well as organize school-wide donation drives. We will partner with local organizations like Habitat For Humanity, Roaring Fork Outdoor Volunteers, Stepping Stones, and more to make our valley a healthier, more sustainable place to live.

### **Bike Shop**

This crew repairs and tunes bikes for members of the CRMS community in the bike shop on campus. The bike shop service 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 fall Arts & Active Scholarship Auction and the Bar Fork..

### **Kitchen/Culinary**

Do you love to cook? The CRMS Kitchen is once again welcoming students back to help with the preparations of all the wonderful

foods served here on campus. You will learn to prep foods, bake desserts, stock shelves, and all the ins and outs of running a professional kitchen. This crew may also be done during free periods if you are a student who is on teams year-round and needs to satisfy a service crew requirement. Questions? Contact Sierra Aldrich.

### **English in Action**

This service crew partners with our local organization English in Action to teach students how to teach English to ESL learners and provides opportunities for informal, but direct teaching experience and conversation.

### **Garden**

Depending on the time of year, the Garden Service Crew may be harvesting fall vegetables, starting seeds in the greenhouse, preparing for the annual Plant Sale, weeding, watering, and tending to the crops that help feed the CRMS community and beyond.

### **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 participate in an extensive safety orientation and spend time developing the skills needed to work in this medium. Teamwork is a vital element in the actual creation of pieces and in the sharing of knowledge.

### **Peer Tutoring**

Students have the opportunity to mentor others in subject areas of expertise in this service crew. Typically this peer tutoring takes place in the evening study hall hours and is a great way for high-performing academic students to share their passion and expertise while supporting other students in their areas of need.

### **Ranch**

Students involved in this historic service crew are the labor force for the school's ranch and horse operation. Students build and repair fences and corrals, maintain the irrigation ditches, feed livestock, and do numerous odd jobs around the 300-plus-acre property.

### **Route Setting**

The CRMS Climbing Gym is home to both the Girls' & Boys' Colorado State Climbing Championship Teams. Our extensive bouldering gym is the perfect training ground for beginning climbers to advanced competitors alike. This crew keeps the bouldering problems fresh by routinely setting new routes.

### **Ski Shop**

When the snow begins to fly, the bike shop converts to ski and snowboard maintenance for the CRMS community. This crew trains to become proficient tuning and waxing community members' skis and snowboards throughout the winter season.

### **Equine Therapy**

The Equine Therapy work crew is ideal for students interested in community service and outreach. We will visit and volunteer at local Equine Therapy organizations in the valley, including Windwalkers, Ascendigo, and Smiling Goat Ranch. We will also talk with local counselors and therapists about the value of equine (and other animal-centric) therapeutic approaches to a wide range of physical and emotional conditions, such as PTSD, cognitive and physical disabilities, and family and personal empowerment. Equine therapy is a multi-faceted and fascinating tool that we will explore, better understand, and give back to those local organizations that are changing lives.

### **THE PEARL: Arts and Literature Magazine**

Have you ever felt like your English classes don't allow for enough time and space for creative writing? Have you felt like you haven't had the perfect way to showcase your recent artwork? Have you ever wanted to be published, but don't know where to begin? Fear no more! In this work crew, you will serve on CRMS's Arts and Literature Magazine! We will craft and create poems, short stories, personal essays, non-fiction pieces, and visual artwork to supplement the magazine. We will also act as a group of editors for each other's work while also calling for and vetting submissions from the community at large. Students who demonstrate exceptional craftsmanship and care in working with the magazine can earn leadership titles such as Layout Editor, Literary Editor, Art Editor, and Editor-In-Chief.

### **Trip Logistics**

With our entire community heading out for Spring Trips, this crew works with the faculty logistics coordinators two days per week to organize the food and equipment, as well as contribute to gear maintenance and repair from our Alpenglow Base Camp deployment facility.

### **Ski Videography**

The videography service crew will focus on creating video and photo media content for the CRMS website. In particular, we will be focusing on telling the story behind several of our active and outdoor programs. Students will collaborate to decide how best to tell the stories we wish to highlight, learn to conduct interviews, shoot action sport sequences, and edit video. By the end of the quarter, we hope to share the results of our work on the CRMS website.

### **Yearbook**

Help create and collect the memories for the year! This service crew takes photos, learns how to layout and publish, and experiments with the creative process that is the yearbook.

**Questions?** Please contact Sierra Aldrich, Director of Active Curriculum, at [saldrich@crms.org](mailto:saldrich@crms.org) // 970-963-2562.