



Colorado Rocky Mountain School

QUARTER 1 ACTIVE AND SERVICE CREW CHOICES

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TEAMS

Mountain 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.

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.

Cross Country Team

The co-ed 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.

SPORTS

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, all 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

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 and to 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 alternative 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 under direct faculty supervision.

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 welcomes students to help prepare 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 completed during free periods if you are a student on Teams year-round and need 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 by creating valuable pieces of blown glass. 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.

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

Trip Logistics

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