



SNOWBOARD CROSS

Carrabassett Valley Academy (CVA)

Emma Downing

Position: Snowboarder Cross

Junior

Emma Downing is a 16 year old racing in the women's open division on the North American Snowboarder Cross Cup; she could still be racing in age group based events. She recently placed 6'th at a Nor-Am and was the 2'nd American women to finish. Emma is also a straight A student and takes all honors classes; she maintains her grades even with a rigorous travel schedule. As a sophomore, she received the top scholar award. Last summer, Emma earned \$6000 by waitressing and saved every penny to help cover her travel costs. Emma supports her community in her role as a peer mentor and is a member of the National Honor Society. Emma's commitment to her dryland training is well beyond her years. There is no "off season" for this girl. She works as hard in the summer as she does in the winter! She can clean 135 x 3 and squat 210 x 5, both with impeccable form. Emma started focusing on improving her speed and footwork last summer, which will continue to be a focus next summer. Not only has Emma's commitment to her dryland training helped her to be successful on the hill, it has also helped her to withstand some serious crashes without sustaining injury. I cannot think of a more deserving recipient of this award.

~Shelby Downing