

My name is Whitney Widger and I have known Lila Lamphere for a few years but really got to know her when I became her U14 ski coach 2 years ago. Lila is one of the happiest people I have ever met, and she exemplifies this through her interactions amongst her friends, teammates and everybody who happens to be around her.

Being able to ski holds a lot of responsibility. Lila knows that if she wants to compete and to ski, she must do well in school and stay up to date on her studies and she needs to be responsible for her equipment. Ski racing can pull you away from the classroom sometimes but Lila makes time to keep up with her work so she can do what she loves whether it's skiing, lacrosse, hockey or just hanging out with her friends. Within the Smugglers' Notch Ski and Snowboard Club Lila has many friends. She is always smiling and excited to be there and seems like she's never in a bad mood. Lila lives in the moment. She cares about everybody around her as much as she cares about herself. She surrounds herself with people who let her be herself and not try to be somebody she's not. Lila is a team player and is always ready and willing to lend a hand to her coaches and teammates with whatever they need help with and always with a smile on her face.

One of my favorite things about Lila is her zest for life. She's always rearing to go and to try new things. While most athletes will pack up and head home after training, she keeps her boots on and heads out for more laps. If the lifts didn't stop running, there are days that I think she'd keep skiing until it was dark...and then she'd probably use a headlamp to keep skiing! Lila loves to ski all over the mountain with her friends.

Lila is more than an athlete. She's a student, a friend, a daughter, a teammate, a role model and more. I don't think she realizes how the younger athletes watch her train hoping one day to be like her. Lila puts forth 100% in everything she does. She is aware that life doesn't hand out freebies, she has to work for what she wants and she works hard to achieve her goals. Sometimes it's hard. Sometimes life doesn't go your way. Sometimes you need a little help. Lila isn't afraid to speak up and ask for help. She isn't afraid to be that person who speaks up when nobody else does. She has a strong sense of self-confidence, and cares fiercely for herself and others. On so many occasions I have seen her lift up her teammates and encourage them to be their better self, to try harder, to not dwell upon the past but to learn from it and move on.

I am proud to know and to coach this amazing girl who lives life to its fullest and who gives 100% of herself in everything she does. She loves being around people, trying new things, helping others and making the world around her a better place. I hope you will consider Lila for a scholarship.

Regards,

Whitney Widger
SNSC U14/High School Coach

