

Personal Essay:

My name is Willow Clements, I am a snowboarder who loves adventures from Jay Vermont. My whole life growing up consisted of mountain biking, surfing, snowboarding, road trips, soccer and any other outdoor activities you can think of. I've always loved to be on the go, and ready for the next adventure that awaits me. My home mountain Jay Peak has provided me with endless opportunities like my job, meeting new people, and of course amazing riding.

By the age of 2 I was already on my snowboard learning from my dad every chance I could get. Our time together was filled with some big wipeouts, lots of hot chocolate breaks, singing on the chairlift, and snowball fights. Thanks to my dad I now have a love of snowboarding that will never end, in fact my love for snowboarding keeps growing every time I buckle in.

As a three season athlete I'm always pushing myself to become faster, stronger, and more skilled. Progression is key to an athlete, without it your skill level stays the same. In the beginning of each sport I make sure that I set a goal for myself, sometimes it's a long term goal like scoring a certain amount of goals before my high school career ends, or it can be a short term goal of learning a 360 before my first competition. I find it much easier to progress when you have a goal set for yourself, it gives you something to practice on and it challenges you to complete the goal. You may not reach your goal, but when that happens it forces you to try even harder to reach it.

This scholarship would help me accomplish many things during my training for next year's snowboarding season. The Woodward snowboarding camp in Colorado has many opportunities like a foam pit, trampoline parks, and snow features to practice on. I

have never trained for snowboarding at this level before so I think I could do really well pushing myself to nail every trick. Snowboarding is hard to train year round because it's a sport that requires snow and in the summer that's not an option in Vermont, if I were to be able to train this off-season I think it would progress immensely.