



I would like to express my sincere appreciation to the individuals and organisations who have supported me on my recent British Columbia and North American Ski Training campaign and Race Trip. My journey comprised of training and competing at an international level in Adaptive Alpine Skiing at Winter Park, Colorado in April 2024. My goal to improve my skiing at these world class facilities was demonstrated in the improvement of my race times against the worlds leaders;

I am proud of my efforts and performance at the 2024 races in Colorado. Initially nervous to be surrounded by world champions and Paralympic gold medalists, I settled in to produce 3 great results: lowering my FIS Points (International points system) in Slalom to 305.89 and Giant Slalom to 325.90. This represents a major improvement on my Rockie year (2023) and shows me closing the gap on the best in the world. Racing in Colorado, surrounded by members of the US and Canadian teams, fresh from the World Champs in Europe, was invaluable. The wealth of knowledge and experience has set me up to aim for even better results next year.

Living in Whistler for the winter season allowed me to have a lot more time on the snow than I would have had in the shorter winter season in New Zealand. Exposure to Northern Hemisphere snow conditions and extra time on a range of trails and terrain has put me in a better position to continue to improve my international rankings and pursue my goal of representing New Zealand in Adaptive Alpine Skiing.

My time in British Columbia has opened many doors, including new connections with the Whistler Adaptive Sports Program and the Invictus Games. I was privileged to help coach with both programmes in February when delegates from around the world attended the *Invictus Games 2025 - One Year to Go Nations Camp* at Whistler - 20 countries, ~75 leaders & athletes learning skills to participate in the games next year. Meeting Prince Harry and Meghan Markle along with many other athletes was part of the week. It was a privilege to be there as a kiwi, to support both programmes. I have been invited back to continue my participation in 2025.

As a result of being independent in the Canadian alpine environment, I have gained a new sense of self confidence and am able to navigate through daily barriers and travel logistics that would have seemed insurmountable before this experience.

I have had to adapt and employ new problem solving methods to overcome a range of challenges; from getting around in my wheelchair through heavy snow in -30 degree temperatures, to flying solo with multiple bags of oversized race equipment through the United States.

The financial and emotional support I have received has made this trip possible and greatly contributed to my continued improvement in ski technique, speed and management of international travel which will enable me to continue on my journey to race for New Zealand in multiple Adaptive Alpine ski events.

On a deeper level, my character has grown through meeting and sharing this journey with other brave talented athletes. Some of whom also navigate a range of obstacles like sight impairment and physical limitations to compete at the top of their race events. This experience has impacted my life in a hugely positive way and set me on a path of life long learning and adventure. I am excited for the next chapter.