



THE RACER!

Name Rachelle Rogers

Age 16

Location: SE England

On the iPod: Beyonce, U2, Black Eyed Peas

Sixteen-year-old slalom skier, Rachelle Rogers, has been competing in incredibly demanding ski races for over a decade now, having got into skiing in France when she was just a toddler. Hooked from day one, Rachelle is still bursting with passion for her sport.

"I remember my first race at six years old; I was so excited, that when I got to the bottom, I saw my mum and stopped and told her how fun it was, before I'd even finished the race!"

Rachelle is steadily climbing her way up the world rankings, despite the lack of ski resorts in the UK, thanks to her regular visits to France and other skiing hotspots around the globe. Travelling the world for training and competitions definitely has its benefits! "The great part of skiing is travelling to so many different and exciting places. I've been very fortunate to have had the opportunity of going to Argentina and New Zealand with the British Ski Team. But, I think my favourite place to ski has got to be Courchevel because it is an amazing resort with loads of great runs and has a fantastic view."

Exploring the planet one mountain at a time is without doubt a superb plus point, but it comes from a ton of hard work. Ski racing is a physically demanding sport, requiring a huge amount of training.



"Fitness is a key component to what makes a successful skier and it requires core, upper and lower body strength, endurance, flexibility and a good sense of balance; I work on all of these at a sports centre near where I go to school."

Living in the UK might mean that Rachelle has to work slightly harder than her European counterparts, but it's definitely paying off. "I think my greatest achievement has got to be when I was selected to participate in the British Olympic Association preparation camps, for the first ever Youth Olympic Winter Games. However, I was also pleased when I was crowned British Under 18 Slalom Champion in April 2011 and when I achieved my personal best in the slalom at the end of the 2011 season."

With such a demanding schedule, and an enormous amount of time spent at airports, the slalom skier's look is suitably relaxed. "I like wearing trackies and other sports clothes. My love for winter sports has also influenced my winter wardrobe, which is typically a strappy top, knitwear, gilet, scarf, jeans and Ugg boots. I love wearing either Addidas or Nike to the gym. In the winter, I like to wear Abercrombie hoodies and t-shirts and in the summer I love Mantaray."

Keep an eye out for Rachelle, we think she's one to watch on the slopes!

