



elete Athlete Profile: Ashley Battersby, Freeskier



Bio:

Name: Ashley Battersby
Hometown: Park City, UT
Data: Age 19, Height 5 feet 1 inch

Recent Results

2007:

World Skiing Invitational, Whistler,
1st Place Coca Cola Rail Jam
Orange European Freeskiing
Open, Laax, Switzerland, 2nd
Place
Big Bear Open, Big Bear CA, 1st
Place
Aspen Open, Buttermilk CO, 3rd
Place
Queens Cup, Park City UT. 1st
Place Team

Special Awards:

Top 5 Women, Powder Magazine
Reader's Poll Award, 2007 & 2006

12 Best Women in Skiing,
Freeskiing Magazine, 2005

Pictured: Freerider Ashley Battersby, age 19, chilling in her hometown of Park City, UT. In addition to the prestigious U.S. and international awards she's received, she's been recognized two years in a row as Powder's Top 5 Women skiers to watch.

In the formidable and male-dominated sport of freeskiing or freeriding, Ashley Battersby, 19, of Park City, UT clearly stands out from the rest—and not just because she's a female. Her gravity—and death-defying—leaps and 360s in addition to her rail jam moves are award winning and awe-inspiring. Since she began competing at age 14, Ashley has won several prestigious awards—including 1st place last year in the Rail Jam at the World Skiing Invitational—and she has graced the pages of dozens of high profile ski and sports magazines. In our latest **elete** athlete profile, we talk with Ashley about coming back strong from two injuries (a torn UCL and ACL) sustained in 2006 and why she uses **elete Electrolyte Add-In** to stay hydrated.

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A photo of Ashley Battersby freeriding at one of her favorite haunts in Park City, Utah.

When did you first get involved with freeskiing?

“My mom skied with me until she was 8 months pregnant (she had to stop then; not much demand for maternity ski wear). When I arrived, mom and dad carried me skiing in a backpack until I was 18 months old, and then put me on skis. They skied with me on a harness until I was 2 ½, then I was skiing on my own from there. I would ski a minimum of 3 days a week at a little 200 vertical foot area, Grand Geneva. My brothers started freeriding while I wanted to continue to be a racer. One day, my eldest brother Tyler told me I sucked at racing, there are too many women in racing, and that I should start freeriding. The very next day I got out and learned 360s.

So are your brothers and parents involved in freeskiing as well?

My three brothers are—Tyler, Adam, Zoo—they all rip it so hard! They are the ones I learned everything from. As for my parents, they both are ski instructors and ski hosts, and they both even snowboard at times, but they don't do all the jumping and rail sliding like the boys and I

do!

What is it about freeskiing you love so much?

“Skiing all around has been my passion since I was a kid. Freeriding eventually became my most favorite form of skiing only a couple years ago. I think it is the rush you get when you land a new trick and when you get a powder face shot.”

What are some of the awards you've received that you're really proud of?

“I first competed when I was 14 years old in a few local competitions, and then I got my very first sponsor, and it all went uphill from there. In the beginning of the year, I had started out with placing 3rd at the Aspen Open in Buttermilk, CO, followed by Queens Cup, Park City, UT; 1st Place Team, Big Bear Open, Big Bear CA; 1st Place, World Skiing Invitational, Whistler, CO; 1st Place, Coca Cola Rail Jam; and on my birthday, I received a Special Award from Powder Magazine Readers Poll Award, Top 5 Women in Freeride skiing.”

What are some of the comps in '08 you plan to do?

“I will for sure be doing the U.S. Open, Aspen Open, Big Bear Open, European Open, Nippon Open, World Skiing Invitational (WSI), Queen Cup Open, and whatever comes along the way! And as always, I am hoping and praying they will put Women Freeride Skiing in the X-Games Slopestyle, but who knows what they are going to do!”

How you find the physical, mental, and emotional strength to push your body to such extreme physical and mental limits?

“The physical strength never ‘seemed’ to be a problem to me or even occurred to me until 2005 when I tore my UCL (skier's thumb) and had surgery Christmas week; this was the third



surgery on my left hand that year. All was well until training one week later when I tore my ACL and had surgery January 31, 2006. I was out for the 2006 winter competition season; instead, I judged various women's slopestyle comps during the year and shot lifestyles for my sponsors. I had always heard of knee injuries happening to other skiers, but never really thought it would happen to me. The mental and emotional part was hard to get back in the game with—I struggled after coming back from my knee injury in 2007, but I knew I had to get in the zone quickly or it was going to jeopardize the whole rest of my ski season. I am now more aware of what tricks I am doing, and I don't do anything until I am 120% comfortable with it. I learned the hard way, but if you have any doubt in your mind that you can't do something, don't even get close to trying it until your MIND is ready."

What is your typical training regimen?

"I train everyday! I am always in the gym and that usually consists of 2-3 hours a day; I ride the bike for my cardio workout for about an hour, then lift weights/stretch for an hour, and sometimes if I am up to it, I will take a swim for a few laps. I rock climb almost every other day at my school's 46' high rock wall and will do a spinning class, Yoga, or Pilates twice a week to keep me balanced and focused. Right before a competition, I will usually stretch and visualize what my run is going to look like, just review it in my mind about 10 times so that when I get out there, it isn't new to me, I've done it before. I usually say a prayer to God right before I drop in—that's the best—it helps my heart rate go down a bit so I'm more relaxed and mellow."

In terms of nutrition, what are the indispensable products or strategies you've found that give you an edge over the other athletes?

"I would definitely say don't eat just three meals,



Ashley Battersby catching big air in Park City where she, her parents, and three brothers live.

make it five, and eat smaller portions. Eat only when you are hungry and make sure it's healthy for you. Also, make sure you are taking lots of vitamins and drinking lots of water (**elete** water!☺), especially when you work out. Fruits, veggies, and salmon are key! The night before a competition, eat pasta because it will fill you up and put you to sleep. You can also drink a cup of milk and slice of turkey right before you go to bed, they are a natural douser and help with the sleep cycle. Also, don't eat very late, unless you're planning on staying up until 4 a.m., then stop eating around a decent hour. The last time I really eat is at 8 p.m. if I'm going to bed around 10."

What is the biggest factor in terms of winning a race; likewise, what is the biggest obstacle?

"The biggest obstacle is probably just trying to stay focused and work only on what you need to accomplish. It is hard to look at other people and see what they're doing and try to beat it, but the best advice is to just do what you know how to do, and do it with style and confidence."



Ashley pictured away from the slopes and out of her usual ski attire.

Interesting or little-known fact others may not know about you?

"I currently attend Westminster College in Salt Lake City full-time only during the fall and summer, which leaves my winters free to work on my passion of freeriding. I'm currently deciding whether I will major in Flight Operations or switch to the University of Utah and major in Exercise Science. I am super close to finishing up my pilot's licenses, and I continue to do graphic design for ski manufacturers and a skiing soft-goods company."

Most days I can be found....

"In King's Crown or Pick N' Shovel Parks virtually every day at Park City Mountain Resort. During the winters, I am either competing or filming full-time."

What is your personal philosophy?

"My personal mission is to go bigger and bigger each year and compete in mad comps. You've got to be fully dedicated and want it! I think it's more about your steeze (style) other than what you just throw down. Rippin' it up and having fun is the best motivation you can get. I think it is very important to be positive and to maintain a

healthy reputation because you never know whose role model you are doing to be. I want to be a good example, not only in skiing, but also in big decisions that will really impact the lives for all of the younger girls coming up in freeriding.

How did you find elete Electrolyte Add-In™?

"My mom and brothers are obsessed with it and turned me onto it actually!"

Tell us a little about your experience using elete in your training and competition.

"I use elete when I work out and when I rock climb; usually I keep a few bottles in my car in case I know there are going to be places where I need to be hydrated. My mom will have her backpack full of elete electrolyte water and will mix it up for me during a competition so when I'm dehydrated, losing focus, and getting frustrated, she's right there to get me back and recharged. I also drink a ton of elete water after my ski run."

What are some of the benefits you've noticed using elete?

"I think elete has definitely helped my performance in staying energized through an all day training in the gym or on the mountain. I feel that my progression in skiing has definitely improved and it's kept me motivated and zoned in on my potential to ski harder."

What should others know about elete Electrolyte Add-In?

"elete Electrolyte Add-In is for those who need to be hydrated, which is everyone! No matter what, you need water to live and you also need electrolytes! This product is for everyone!" ■