

Freestyle Profile

Alexandra Louise Houston

Age

Born July 1994 in Rotherham

Based

Sheffield/Rotherham

Current Achievements: 2007

England Freestyle Development Squad (first year)

British National Snow Mogul Championships (Fugen) March 07 Singles 2nd women
Duals 3rd women

Yorkshire Mogul Champs (Castleford) Nov 2007 1st in age and 2nd overall in women

Invited to take part in the official opening of the new Manchester snow dome the Chill Factor

Xscape Moguls Challenge April 2007 (Castleford) 1st in age and 2nd overall in women

AIM's British Freestyle Championships Laax March 2007:

- Half Pipe: 1st in age (Gold)
- Slope style: 2nd in age (Gold)
- Skiercross: 1st in age (Gold) and bronze overall in women
- Big air: 1st in age (Gold) and bronze overall in women

British Freestyle Tour 2007

Skiercross Milton Keynes 1st in age (Gold)



Me on same podium as Emily Sarsfield



Skiercross Laax





Eindhoven Water Ramp

Fugen 2007

Big Air Laax



Training

Sheffield at Sheffield Ski Village twice weekly with Sheffield Sharks for moguls, freestyle and overall technique, currently in woebegone (www.sharks.org.uk)

Castleford biweekly with moguls specific training with the England and Yorkshire Squad, coached by Geoff Fozzard, Peter Handford Styring and Martin Carr

Castleford biweekly race training with Lions for speed and edge control

Once a year with Eric Berthon in Tignes France for a week on mogul skiing (www.berthon-ski.com)

Grom Camps with Pat Sharples for freestyle techniques, in particular jumping and spinning, essential for the jumps in moguls courses, and good fun (www.salomongromcamps.co.uk)

Water Ramp Training Eindhoven

Twice yearly holidays on snow finding as much off piste moguls to play on

Other training/hobbies

Trampolining weekly (currently level 10) aiming to get my back flips nailed (fronts are easy)

Circuit training weekly

Netball, football and rounders in season with School

Scouts

Music and clothes

Plans for this year

Simple:

To continue and intensify training and to perfect my spinning in the mogul jumps, and to score sufficient points to not only stay in the England team but to move up to the next squad.

British Championships in Germany

French and German competitions in Feb, March and April, at least two

British Freestyle Championships in Laax in March

All main SSE/British moguls competitions in the UK

British Freestyle Comps when possible

Aims

Ultimately to look at the 2014 winter Olympics, when I should be physically stronger and faster and capable of inverts in the moguls, the England Manager believes I am currently on target.

But to start with to score sufficient points to get a FIS license when I am old enough and start competing on the Europa cup then world cup circuits

Funding/Sponsorship

All gratefully received (contact through www.freestlesnowsports.co.uk via Martin Carr)

Funded by parents