



Media Release

GPCSD District Office (Catholic Education Centre) (780) 532-3013

May 08, 2019

Following Your Passion: Student-Athletes

Throughout Grande Prairie & District Catholic Schools every student has a story. Today we would like to highlight Jett Lambert, Ethan Arcand and Carter Norman, High School students currently attending St. John Bosco. Here are their experiences and stories of being student-athletes.

Jett Lambert



The crowd roared as eight-year-old Jett rode a steer competitively for the first time at the Rio-Grande Rodeo. Professional Bull Riding has always been a dream for him; growing up he would always hear tales of his dad performing as an amateur bull rider, the sport has always been a part of his life. "Ever since I could understand English and walk properly, my Dad and I would watch PBR (Professional Bull Riding) events," said Jett.

From the end of April and throughout the year, Jett travels around Alberta competing at various rodeos and events. His family and him will often travel more than 20 hours to cover multiple events in a weekend. At St. John Bosco, students are allowed to set their own schedules, and it's this freedom which allows Jett to plan around his busy competition schedule.

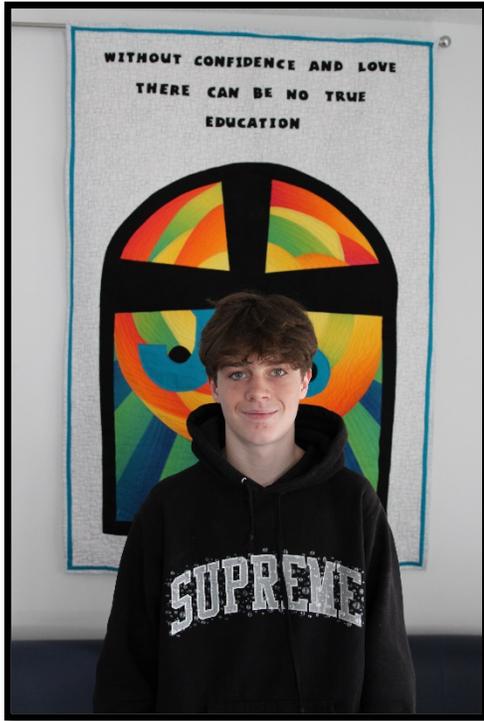
In 2018 his efforts would pay off, as he fought his way to the top and won the Calgary Stampede in Steer Riding. Looking

toward the future, he's finishing his studies through St. John Bosco and wants to travel more and take his first steps into Professional Bull Riding. "The worst I've gotten out of it so far is a broken wrist, but yes it is really dangerous... It's one of the sports where you really have to love it, because otherwise you wouldn't do it."





Ethan Arcand



Freestyle Skiing has offered Ethan Arcand many thrills and chills over the years. “That sense of being weightless and being in the air is incredible,” said Ethan. “I love Skiing, and the excitement it provides.” His humble beginnings into the sport were sparked, while attending a friend’s birthday day party. After watching a friend try out tricks on the trampoline, he questioned him about where he had learned them. A few months later, Ethan would start Freestyle Skiing at the age of nine and pursue competitive Freestyle Skiing at age eleven.

He would continue on this path for many years, until 2019 when he was chosen for Team Alberta’s Ski Team. Throughout this year he will be participating in many training camps with Team Alberta. They will travel to Mammoth Mountain in California for two weeks and Australia for three more. His competition season will start later this November and continue on through January 2020.

Slope Style Skiing is the category that Ethan enjoys competing in the most. In this particular format, a competitor will complete a minimum of three jumps (tricks in the air) and grinding on three different rails. “I like it because you get to be more creative with the

jumps when compared to other styles of skiing,” he said.

Ethan offered some advice when dealing with anxiety before a run. “I will talk to the coach, plan my route through my mind, over and over again... You can’t be nervous, there’s no time for it.”

He provided some insight on his favourite trick to pull off. “It has to be the Cork 900, basically you complete a one off axis backflip, with two and half spins at the same time.”

When describing his long term goals and dreams, he was very happy with the freedom a school like St. John Bosco provides. “Training takes so much time and I enjoy the ability to cater my school to my work schedule. My long term goals involve making it onto Team Canada and competing in one world level event.”



Carter Norman



Training and a hard work ethic are at the core of Carter Norman's student-athlete career. Like his close friend Ethan, he has a long history of competitive Freestyle Skiing. He wore his first set of skis at the age of six and has been competing in events since the age of nine. "My older brother & sister were on the ski team, so it made sense to join them," said Carter.

Every year he would take part in a minimum of six to eight competitions in the province. Each year from November to March, Carter would train with the Grande Prairie team, Northern Extreme Freestyle. He would train three to four times a week, with dryland training taking up one session, while the remaining would focus on jumps and rail grinding at Nitehawk. "With competitions you have to be super committed to the training, building the strength and overcoming the fear of hitting those big tricks. It's all about determination. What you put in is what you will get out of it," he said.

Over the years, he has been able to avoid serious injuries, but he mentioned that knee injuries are the most common in the sport. "I have been very lucky and I'm thankful that I haven't had any injuries in all my years of skiing," he said. When dealing with anxiety, Carter said the training helps to reduce the overall level of nerves and turns it into excitement instead.

He described why Slope Style is his favourite type of competition category. "You can just be yourself and do whatever tricks you want to do. It's about the style, not just the techniques. I like spinning off the jump backwards, three rotations with the skis crossed," he remarked.

While Carter will keep training for Freestyle Skiing in his foreseeable future, he wants to take a step back from competitions and refocus his efforts. According to Carter, he wants to attend a religious mission in Hawaii in the near future: "My brother recommended it and talked about how great his experience was and I'm really looking forward to it."