

# SLT halfpipe skier Smaine healthy and confident



Kyle Smaine is hoping for a spot on the 2018 Olympic team. Photo/Sarah Brunson/USSA

**By Becky Wright, Tahoe Quarterly**

Kyle Smaine spent the better part of last season “crutching [his] way through the seemingly endless snowbanks” in his native South Lake Tahoe.

Now, with a surgically repaired anterior cruciate ligament and meniscus, the Sierra-at-Tahoe halfpipe skier feels healthy and motivated to make a run at the 2018 Olympic Winter Games. But with a stacked field of talented U.S. athletes, he knows it won’t be easy.

“With my injury last January, I haven’t had the luxury of doing any on-snow training leading into this winter. I have spent a ton of time in the gym this summer, as well as taking a step back and working on my mental game and mindset,” Smaine said. “I really feel like I’m heading into this winter as

physically strong as I have ever been. I have learned over the years that I ski the best when I'm enjoying myself, so I haven't really been putting any pressure on myself heading into this winter. I have set goals, and every day I have done what I was able to in order to set myself up for success, but I'm just taking it day by day."

**Read the whole story**