



AVARO PRESENTS

The Golden Descent



KatyaSterling_USA ✓

US Ski Team Training Center - Park City, Utah



1,248 likes

KatyaSterling_USA Spring sessions with the crew! ❄️🏂

There is nothing like the energy at the bottom of the pipe after a long day of chasing gates. My face is permanently wind-burned, my legs are lead, and I wouldn't trade a second of it. Pushing hard for the big stage next month—let's go Team USA! us👉 #TheComet #SkiLife #USSkiteam #OlympicBound #RoadToBeijing

View all 42 comments

usskiteam The Comet is looking fast! Keep that energy up, Kat! us👊

SkiAcademy_West Looking strong, Sterling. 🏂🔥

Aspen_Local_88 Met you at the lodge last week—nicest athlete on the tour. Good luck in China! 🇺🇸❄️"



Add a comment...

January 12, 2022



KatyaSterling_USA ✓

Yanqing National Alpine Skiing Centre - Beijing, Chin



8,432 likes

KatyaSterling_USA I'm still not sure this is real. Bringing home an Olympic bronze for Team USA is a dream I've had since I first put on skis. To everyone who pushed me, trained with me, and believed in me through the wind-burn and the early mornings—this is for us! The Comet has landed! ❄️❤️
#Olympics #Beijing2022 #BronzeMedal #TeamUSA
#TheComet #AlpineSkiing #DreamBig

[View all 412 comments](#)

usskiteam History made! We are so proud of you, Kat!

TeamUSA The Comet is officially an Olympic medalist! 🌟👊

SkiFanatic_99 That run was legendary! You earned every bit of that medal! 🏔️🔥



Add a comment...

February 15, 2022



KatyaSterling_USA 
Cortina d'Ampezzo, Italy



15,901 likes

KatyaSterling_USA PURE ADRENALINE! 🏂🔥 Taking the win in Cortina by -0.02 seconds! This mountain has always been my favorite, and today it gave me everything. To see my name at the top of that board is a feeling I can't describe. The Comet is officially leading the pack! us👉 Thank you to my team for the endless hours in the tuning room—we did it! #WorldCup #Cortina #Winner #TheComet #SkiRacing #SpeedSpecialist #TeamUSA

[View all 842 comments](#)

usskiteam The fastest woman on the mountain!
Unbelievable run, Kat!

AtomicSki The fastest woman on the mountain!
Unbelievable run, Kat! us

SkiNews_EU Sterling is on a different level this season. Who can stop The Comet?



Add a comment...

January 21, 2023



KatyaSterling_USA

Cortina d'Ampezzo, Italy



15,901 likes

KatyaSterling_USA PURE ADRENALINE! 🏂🔥 Taking the win in Cortina by -0.02 seconds! This mountain has always been my favorite, and today it gave me everything. To see my name at the top of that board is a feeling I can't describe. The Comet is officially leading the pack! us👉 Thank you to my team for the endless hours in the tuning room—we did it! #WorldCup #Cortina #Winner #TheComet #SkiRacing #SpeedSpecialist #TeamUSA

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AtomicSki The fastest woman on the mountain! Unbelievable run, Kat! us

SkiNews_EU Sterling is on a different level this season. Who can stop The Comet?



Add a comment...

January 21, 2023



KatyaSterling_USA ✓

US Ski Team Elite Training Lab - Park City, UT



22,481 likes

KatyaSterling_USA The podium is built in the basement. People see the 60-second run on race day, but they don't see the hours of heavy squats and early morning sprints when the air is still freezing. This is where the speed comes from. Keeping my head down and the weight heavy. No shortcuts, just work. #US #TheGrind #LegDay #SkiTraining #Grit #WorldCupReady #NoShortcuts #TheComet #AlpineSpeed

[View all 1,104 comment](#)

usskiteam Setting the standard for hard work! Let's keep that momentum rolling! us👊

CrossFit_Iron That's some serious weight! No wonder you're so explosive out of the gate. 🏋️🔥

YoungRacer_Ski My biggest inspiration! Thank you for showing us that girls can be strong and fast! 🙌🌟



Add a comment...

February 12, 2023



KatyaSterling_USA

US Ski Team Elite Training Lab - Park City, UT



22,481 likes

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Add a comment...

February 12, 2023



KatyaSterling_USA 
Garmisch-Partenkirchen, Germany



31,102 likes

KatyaSterling_USA "Speed is a science. 🌀 Most people think the race is won on the hill, but it actually starts right here in the tuning room. There's something therapeutic about the sound of a file hitting an edge. If you don't know your gear, you don't know your limits. Prepping the rockets for Garmisch this weekend. Let's make them fly. us🚀
#TheComet #SkiTuning #SpeedScience #GarmischReady #World Cup #HandmadeSpeed #TeamUSA #AthleteLife"

[View all 1,421 comments](#)

usskiteam Nobody preps a pair of boards like Sterling. The attention to detail is why she's #1! us🔧

Swix_Sport Master at work. Those edges look lethal! Good luck this weekend, Katya! 🏔️🔥

@Alpine_Insights The hands of a champion. Raw, focused, and ready. The Comet is on a mission. ➡️



Add a comment...

February 28, 2023



KatyaSterling_USA ✓

Kandahar Course - Garmisch-Partenkirchen, Germany



38,401 likes

KatyaSterling_USA Visibility: Zero. Focus: 100%.

The fog is heavy here in Garmisch this morning, but I can feel the line in my sleep. This is the moment everything we've worked for comes down to. One run to protect the lead. It's quiet up here right now, but the Comet is ready to scream. Let's bring it home, Team USA! us ❤️ ➡️

#TheComet #GarmischWorldCup #SpeedSpecialist
#VisibilityZero #WorldCupLeader #SkiUSA #FinalPush

View all 1,942 comments

usskiteam The conditions are tough, but so are you! You've got this, Kat! us 🔥

AtomicSki Trust the edges. The skis are ready to fly. 🏔️ ➡️

Alpine_Report Visibility is looking dangerous out there. Let's hope the race committee made the right call. Stay safe, Sterling! 🏔️ ⚠️



Add a comment...

March 11, 2023



KatyaSterling_USA ✓

University Hospital Innsbruck - Innsbruck, Austria



52,901 likes

KatyaSterling_USA I'm still here. ❤️

I don't remember much after the third gate—just the sound of the netting and then a lot of quiet. The doctors say the damage to my leg is 'extensive,' and the road back won't look anything like the road I was on.

My heart is broken, but my spirit isn't. Thank you for the thousands of messages, the prayers, and the love. For now, the only goal is learning how to stand again. One day at a time. us🙏

#TheCrash #Recovery #Garmisch #TheComet #SkiUSA
#SmallVictories

View all 4,821 comments

@usskiteam We are all behind you, Katya. Take all the time you need. The mountain will be waiting. us❤

MikaelaShiffrin Sending so much strength and love your way. You are a fighter, Kat. 🙏💪

FanBase_Ski Seeing those bruises... it's a miracle you're alive. We love you, Comet! 🌟🌟🌟



Add a comment...

March 14, 2023



KatyaSterling_USA
Private Medical Wing - Innsbruck, Austria



42,901 likes

KatyaSterling_USA A new chapter is starting today. ✨

I'm still a little fuzzy from the latest round of meds, but I am so excited to finally introduce you to the man with the plan —Marcus. He's stepping in to manage my 'total recovery' project. He says we aren't just going to fix the leg; we're going to rebuild the brand.

It's a lot of information to process, but I'm trusting the vision. No more worrying about gates or times. Marcus says the future is going to be much more... iconic. 🇺🇸

#KProject #TheRecalibration #NewBeginnings
#StMoritzBound #TeamKatya #Evolution

My heart is broken, but my spirit isn't. Thank you for the thousands of messages, the prayers, and the love. For now, the only goal is learning how to stand again. One day at a time. us🇺🇸

#TheCrash #Recovery #Garmisch #TheComet #SkiUSA
#SmallVictories

[View all 2,842 comments](#)

Marcus_Aesthetic The blueprint is ready, Katya. We aren't just recovering; we are creating a masterpiece. The world isn't ready for the new you. 📈💎

usskiteam Wishing you a smooth recovery, Kat! Who is the new guy? We thought we were handling the physical therapy?

SkiFan_4Life She looks so tired... I hope this new 'project' actually helps her walk again. Stay strong, Comet! 🇺🇸❤️



Add a comment...

April 18, 2023



KatyaSterling_USA ✓

Private Aesthetics Wing - Innsbruck, Austria



38,102 likes

KatyaSterling_USA Maintenance day... I think? foils

Marcus says that if I'm going to be the face of the 'new' tour, I need a look that matches the luxury of St. Moritz. It's a little strange seeing my old hair go, and I'm still not quite sure about the 'platinum' vision, but he says trust is the most important part of the process.

My head feels a little heavy from the meds and the bleach, but he promises the result will be iconic. Is it normal to not recognize yourself in the mirror?

#KProject #Metamorphosis #PlatinumBlonde
#Recalibration#TrustTheProcess

[View all 3,142 comments](#)

Marcus_Aesthetic The chrysalis is opening, Katya. The old you was a racer; the new you is a masterpiece. Don't think, just let it happen. 📈💎

usskiteam Katya? We were expecting a physical therapy update today. Is the leg still the priority?

SkiGossip_Daily Look at her face... she looks completely lost. What is this Marcus guy doing to our Comet? 🤦🏻😞



Add a comment...

May 15, 2023



KatyaSterling_USA ✓

Private Aesthetics Wing - Innsbruck, Austria



38,102 likes

KatyaSterling_USA Checking out! 🍷🇺🇸

Today marks the end of five months in these walls. It's a lot to take in—seeing the world again feels... different. Marcus says that the best way to honor 'The Comet' is to let her evolve into something even bigger.

To everyone worried about the hair and the changes: I'm still me, just a version that's learning to embrace a new kind of strength. We're heading to St. Moritz to continue the 'recalibration' in a place that matches the new vision. I don't have all the answers yet, but I'm told to just breathe and let the masterpiece happen. ✨

#KProject #TheDeparture #NewKiki #StMoritz #Evolution
#TeamUSA #Recalibration #PlatinumBlonde"

[View all 3,142 comments](#)

Marcus_Aesthetic The world is finally ready to see the masterpiece. The athlete was just the first draft, Katya. Today, the icon is born. 📈💎

usskiteam Wishing you the best in the next phase of your recovery, Katya. We'll always remember the grit of 'The Comet.' ❤️

Alpine_Reviewer The change is... drastic. It's hard to believe this is the same girl who was leading the World Cup five months ago. I hope she knows what she's doing. 🏔️



Add a comment...

May 15, 2023



KatyaSterling_USA ✓

Private Terminal - Innsbruck, Austria



42,108 likes

KatyaSterling_USA New view, same focus. ✨

Finally leaving the hospital behind and heading toward a fresh start in St. Moritz. I know things have looked a little different lately—the hair, the style, the vibe—but Marcus has shown me that recovery isn't just about getting back to the gate. It's about a total evolution.

I'm still the same girl who lives for the speed, but for the first time, I'm learning to appreciate the beauty in the pause. It's a little scary to trust a new blueprint, but Marcus has promised that this path will lead to something even more iconic than before. Trusting the process. See you on the other side of the mountains.

#MovingDay #StMoritz #TheEvolution #TrustTheProcess
#NewChapters #Refinement #AthleteLife"

View all 3,842 comments

Marcus_Aesthetic The chrysalis is gone, Katya. Today, the world starts to see the masterpiece we've been building. 📈

usskiteam Wishing you a peaceful move, Kat! We're all rooting for your strength in the next chapter. ❤️

SkiWorld_Daily The change is so fast... it's hard to keep up! Is she still planning a return to the World Cup circuit? 🏂



Add a comment...

August 15, 2023



KatyaSterling_USA ✓

Private Residence - St. Moritz, Switzerland



45,901 likes

KatyaSterling_USA Waking up to a different kind of quiet.

St. Moritz is even more beautiful than I remembered. It's a bit strange being here without a training schedule or a race bib, but Marcus says this is exactly where I need to be to find my 'new rhythm.'

I know some of you are worried about the changes, but please know I'm still me. I'm just learning that sometimes you have to completely clear the slate to build something better. Marcus has been my rock through all of this—he sees a version of my future that I'm only just starting to understand. Trusting him means I can finally stop worrying and just... be. 🌹

#StMoritz #NewBeginnings #TrustTheProcess #Refinement #RecoveryDiaries #TheEvolution"

[View all 42 comments](#)

Marcus_Aesthetic The environment is finally as beautiful as the vision, Katya. No more thoughts, just focus on the bloom. 📈💎

usskiteam The pink looks great on you, Kat! Take that mountain air in—we're all still with you. us❤️

SkiGossip_Daily Does anyone else find it weird how much she mentions Marcus? And that medical boot... I hope she's actually doing PT. 🏂



Add a comment...

August 20, 2023



KatyaSterling_USA ✓

Private Residence - St. Moritz, Switzerland



52,401 likes

KatyaSterling_USA Small changes, big reflections. ✨

Marcus says that while the leg is healing, we should focus on the things we can control. Today was about a little 'refresh' to help me feel more like myself—or maybe a better version of myself? It's a bit of a shock seeing my face change like this, and I'm still getting used to the new volume, but he says it's all part of the blueprint for St. Moritz.

It's strange... I spent years focusing on how my body performed, and now I'm learning to focus on how it looks. A little confused, but I'm trusting the vision. What do you guys think? Does it suit the new era? 🍷

#Metamorphosis #Refinement #TrustTheProcess
#StMoritzBound #NewChapters #RecoveryDiaries #Evolution

[View all 5,821 comments](#)

Marcus_Aesthetic Perfection is a series of small, precise choices, Katya. You are finally becoming the icon you were meant to be. Don't think, just bloom. 📈💎

usskiteam The focus has definitely shifted! We're just glad to see you're feeling more confident, Kat. ❤️

SkiAnalyst_Daily Lip filler? While she's still in a medical boot? This is a very different kind of 'training' than what we're used to seeing from her. 🏂



Add a comment...

September 18, 2023



KatyaSterling_USA ✓

Elite Performance Center - St. Moritz, Switzerland



58,901 likes

KatyaSterling_USA Finding a new kind of strength. 🏔️

It's been seven months since the crash, and being back in the gym feels... different. Marcus has me on a very specific protocol right now. It's less about explosive speed and more about 'silhouette refinement' while the leg finishes healing.

I'll admit, it's a little strange to be doing glute isolations instead of power cleans, and my body is starting to feel like it belongs to a different person entirely. I don't always understand the logic behind the new routine, but I know Marcus wouldn't have me here if it wasn't part of the big picture for my return to the snow. One rep at a time.

#TrainingDay #StMoritz #Sculpting #TrustTheProcess
#NewChapters #RecoveryDiaries #Evolution #PinkVibes

[View all 6,102 comments](#)

Marcus_Aesthetic The frame is becoming a masterpiece, Katya. We are building the perfect foundation. Don't worry about the 'why,' just focus on the feel. 📈💎

usskiteam Interesting to see the new training style, Kat! Whatever gets you back on those skis—keep pushing! us💪

SkiTrainer_Pro Is she actually doing physical therapy for that leg? Squatting in a medical boot seems... counterproductive for a World Cup return. 🏂



Add a comment...

October 22, 2023



KatyaSterling_USA

Private Wellness Studio - St. Moritz, Switzerland



62,108 likes

KatyaSterling_USA Finding balance in the stillness.

These mornings on the mat are becoming my favorite part of the day. It's a lot different than the explosive gym sessions I used to live for, but I'm learning that there's a different kind of strength in being precise and patient.

The leg is feeling more stable every day, and even though the 'recalibration' plan is taking me in directions I never expected, I'm starting to enjoy the shift. 🏹✨ It feels less like a comeback and more like a fresh start altogether. Just focusing on the light, the breath, and the next small win.

#MorningRoutine #StMoritz #MatWork #Stability
#TrustTheProcess #NewChapters #Evolution #LilacVibes

#TrainingDay #StMoritz #Sculpting #TrustTheProcess
#NewChapters #RecoveryDiaries #Evolution #PinkVibes

[View all 5,421 comments](#)

@Marcus_Aesthetic Precision creates the silhouette, Katya. Every slow movement is a stroke on the canvas. Keep following the blueprint. 📈💎

@usskiteam Looking peaceful, Kat! Stability is key. We're all still cheering you on from back home! ❤️

@SkiGossip_Daily Is it just me, or does she look more like a model than an athlete now? Even the way she sits feels... different. 📺



Add a comment...

November 2, 2023



KatyaSterling_USA ✓

Private Wellness Studio - St. Moritz, Switzerland



68,402 likes

KatyaSterling_USA One last push before the big change. 💪

Today is officially the last day with the boot! It's been eight months of learning how to move all over again, and I can't believe I'm finally here. The sessions have felt more like a masterclass in 'repositioning' than a standard PT routine, but I'm loving the way my body is responding to the shift. 📦

It's a little emotional to say goodbye to this part of the journey, but I know the next phase is going to be even more transformative. I'm ready to leave the 'broken' version of myself behind for good and see where this new path leads. No more limits, just light. 🌟

#LastDay #StMoritz #ReformerPilates #RecoveryDiaries
#Evolution #MintVibes #NewBeginnings #TrustTheProcess

[View all 5,921 comments](#)

Marcus_Aesthetic The foundation is set, Katya. Tomorrow, the true sculpture begins. 📈💎

usskiteam Huge milestone, Kat! We're so glad to see you finally out of that boot. Can't wait to see what's next! ❤️

SkiGossip_Daily She looks like she's in a commercial rather than a rehab session. I haven't seen her do a single explosive movement in months... is the comeback actually happening?



Add a comment...

November 28, 2023



KatyaSterling_USA ✓
St. Moritz, Switzerland



72,841 likes

KatyaSterling_USA Weightless for the first time in 260 days.
🌟🌟

I can't even describe the feeling of standing on my own two feet without that boot. It's been a long, quiet road since Garmisch, and there were moments I didn't think I'd see this view again.

I know I look a little different than the girl who left the mountain in March—the 'recalibration' has changed more than just my leg—but I feel stronger and more focused than ever. 🏂 Marcus says the next phase is about 'speed through refinement,' and I'm ready to start putting the work in. The skis are waiting, and so am I. Let's see what these legs can really do. 🏔️🏂

#Freedom #StMoritz #RecoveryDiaries #TheEvolution
#BackOnFeet #AthleteLife #NewBeginnings #WhiteGold

[View all 6,102 comments](#)

Marcus_Aesthetic The masterpiece is finally standing on its own. Now, we begin the true elevation. 📈💎

@usskiteam Huge milestone, Kat! We've missed seeing you on your feet. When are you planning to click back into those bindings?



@SkiNews_Global She says she's ready for the skis, but that look is pure high-fashion. Hard to imagine her back in a 80mph tuck looking like a literal doll. 🏂



Add a comment...

November 30, 2023



KatyaSterling_USA 
St. Moritz, Switzerland



76,902 likes

KatyaSterling_USA Taking it all in.

It's been a week since I said goodbye to the boot, and everything feels... different. Standing on my own again should feel like the finish line, but it feels like I'm at a starting gate I don't recognize.

I spent the morning looking at old race footage from Garmisch, and then I looked in this mirror... it's a lot to process. The 'recalibration' is moving so fast. 🇷🇺 Marcus says the next few weeks are the most important for my 're-entry,' but the schedule doesn't have any gate sessions on it yet—just more 'aesthetic alignment.' 🇺🇸

I'm trying to stay focused on the goal. I want to be back in that starting hut more than anything. I just hope this new version of me remembers how to fly. 🇺🇸🌟

#Reflection #StMoritz #TheEvolution #RecoveryDiaries
#NewChapters #AthleteLife #SearchingForTheComet"

[View all 6,421 comments](#)

Marcus_Aesthetic The confusion is just the old you letting go, Katya. The masterpiece requires a blank slate before the real work begins. Trust the blueprint. 📈💎

usskiteam We love the focus, Kat! Just remember that the snow is where the real progress happens. When are you heading back to the States for a check-in? us🇺🇸

SkiAnalyst_Global She looks completely unrecognizable. The brow lift, the lips... does she really think the Federation is going to let her race looking like a high-fashion doll? 🇺🇸



Add a comment...

December 5, 2023



KatyaSterling_USA

Alpine Production Studios - St. Moritz, Switzerland



85,204 likes

KatyaSterling_USA First official partnership of the new era!

So incredibly excited to announce I'm teaming up with Glacier Rush to launch their new 'Ice Queen' energy line. ☐ It's definitely a little funny shooting a winter campaign in a warm studio instead of out in the freezing wind, but it feels so good to be back leaning against a pair of skis (even if it's just for the cameras right now). 🏔️

The leg is feeling stronger every day. Seeing my old medical boot just sitting there on the floor in the background is the best reminder of how far I've come since March. Building the brand and the foundation off the snow so I can fly when I finally get back on it. The comeback is officially in motion. Big things are coming!

#GlacierRush #IceQueenEnergy #TheComeback #StudioDay #StMoritz #SkiUSA #AthleteLife #NextChapter #WhiteGold

[View all 7,142 comments](#)

GlacierRush The perfect face for our new era. Welcome to the family, Katya!

usskiteam Looking sharp, Kat! Keep putting the work in. Let us know when you're ready to hit the real snow again. us❄️

Alpine_Insider Studio shoots instead of gate training? The World Cup season is already starting... are we actually going to see you race this year, or is this just a modeling gig now?



Add a comment...

December 18, 2023



KatyaSterling_USA ✓

World Cup VIP Finish Area - Cortina d'Ampezzo, Italy



89,412 likes

KatyaSterling_USA Reunited at the finish line! us❄️

So amazing to catch up with the girls today. Being back in the World Cup atmosphere gave me absolute chills (and not just because I definitely underdressed for the weather!).

Listening to them talk about edge grip and course conditions made me so eager to finish up this off-snow 'recalibration' block. It's hard watching the race from the VIP tent instead of the starting hut, but taking a quick break from my Glacier Rush duties to cheer them on was exactly what I needed. 🇺🇸

Missed my ski family so much. Can't wait to be back in the blue and red parkas with you guys next season!

#TeamUSA #WorldCupSkiing #TheComeback #SkiFamily
#GlacierRush #IceQueen #NextChapter #CheeringSquad"

[View all 8,104 comments](#)

GlacierRush Our Ice Queen always stealing the show! Thanks for bringing the glamour to the finish line today.

usskiteam Great to see you out there supporting the team, Kat. The girls were glad to catch up! us🇺🇸

Alpine_Insider The contrast in this photo says it all. She's dressed like a club promoter while her teammates are literally in the middle of a World Cup race. Does she actually think she's coming back to the sport looking like that? 🇺🇸



Add a comment...

January 15, 2024



KatyaSterling_USA

Athlete Hospitality VIP - Cortina d'Ampezzo, Italy



98,412 likes

KatyaSterling_USA Crashed the boys' post-race debrief!

The energy in the athlete tent is always crazy, but today felt entirely... different. I popped in to hand out some Glacier Rush, and let's just say my new 'off-season' look definitely caught the guys off guard!

They're so used to seeing me in a sweaty base layer covered in tuning wax, so the dynamic today was a total 180. The way everyone was crowding around for photos and hyping me up... my heart was actually pounding. It gave me this intense, flushed rush that I usually only feel when I'm staring down a 70mph drop out of the starting gate. ❤️✨

It's a completely different kind of adrenaline, and honestly, the heat in this tent was getting to me a little! It feels so good to be the center of this team's energy again. Can't wait to finish my recalibration and get back on the downhill boards so I can match their speed next season. 🏂📺

#TeamUSA #WorldCupSkiing #TheComeback #AthleteTent #GlacierRush #IceQueen #AdrenalineRush #SkiFamily

[View all 9,204 comments](#)

GlacierRush Our Ice Queen definitely melting some hearts in the VIP tent today!

usskiteam_mens Always good to see you, Kat! The tent definitely got an upgrade today. Come back anytime! us🤪

Alpine_Insider The boys look like they completely forgot they just skied a World Cup race. The 'comeback' is looking less like a ski tour and more like a distraction tour... 🏂👀



Add a comment...

January 18, 2024



KatyaSterling_USA 
Birds of Prey - Beaver Creek, Colorado



112,841 likes

KatyaSterling_USA First day back on the snow! ❄️✨

Hearing my boots click into bindings today gave me absolute chills. ☐ It was just a light exhibition run for the Glacier Rush village, but honestly, my legs were shaking like a complete beginner! I was snowplowing down the hill feeling like I was seven years old all over again. 😊🏂

I have a lot of rust to shake off, and my balance feels totally different now, but the energy today made up for all of it. I've never experienced a crowd like this before—not even in Beijing. The way everyone was cheering and rushing the finish area... my heart was racing so fast I could barely breathe. ❤️

The racing suits are still packed away for now, but just feeling the cold air and the glide under my feet is the biggest milestone yet. The road back to the starting gate has officially started. Thank you for carrying me down the mountain today!

#TheComeback #FirstDayBack #GlacierRush
#IceQueenEnergy #SkiUSA #WorldCupSkiing #NextChapter
#AthleteLife"

[View all 10,421 comments](#)

GlacierRush The mountain officially belongs to the Ice Queen! Unbelievable turnout today.

usskiteam very comeback starts with a single run. Glad to see you back on a pair of skis, Kat! us🏂

@SkiAnalyst_Global She looks incredible, but... she was literally just snowplowing in a metallic catsuit. This looks more like a red carpet event than a serious athletic return. What is going on with her training? 🏂



Add a comment...

February 10, 2024



KatyaSterling_USA 
Birds of Prey - Beaver Creek, Colorado



112,841 likes

KatyaSterling_USA First day back on the snow! ❄️✨

Hearing my boots click into bindings today gave me absolute chills. ☐ It was just a light exhibition run for the Glacier Rush village, but honestly, my legs were shaking like a complete beginner! I was snowplowing down the hill feeling like I was seven years old all over again. 😊🏂

I have a lot of rust to shake off, and my balance feels totally different now, but the energy today made up for all of it. I've never experienced a crowd like this before—not even in Beijing. The way everyone was cheering and rushing the finish area... my heart was racing so fast I could barely breathe. ❤️

The racing suits are still packed away for now, but just feeling the cold air and the glide under my feet is the biggest milestone yet. The road back to the starting gate has officially started. Thank you for carrying me down the mountain today!

#TheComeback #FirstDayBack #GlacierRush
#IceQueenEnergy #SkiUSA #WorldCupSkiing #NextChapter
#AthleteLife"

[View all 10,421 comments](#)

GlacierRush The mountain officially belongs to the Ice Queen! Unbelievable turnout today.

usskiteam very comeback starts with a single run. Glad to see you back on a pair of skis, Kat! us🏂

@SkiAnalyst_Global She looks incredible, but... she was literally just snowplowing in a metallic catsuit. This looks more like a red carpet event than a serious athletic return. What is going on with her training? 🏂



Add a comment...

February 10, 2024



KatyaSterling_USA

The Underground VIP Lounge - Beaver Creek, Colorado



142,841 likes

KatyaSterling_USA Still riding the adrenaline from the finish line! ❄️

The Glacier Rush team definitely knows how to throw a post-race celebration. I missed this energy so much—the music, the lights, the absolute rush of being surrounded by everyone after a huge day on the mountain.

It's been almost a year since I got to celebrate a run like this. I might not have had a bib number today, but the crowd made me feel like I was holding the World Cup trophy! 🏆✨ The off-season is wild, but it feels so good to let loose before the real training block starts again.

My legs are going to be so heavy tomorrow, but who cares? The Comet is officially back in orbit!

#Afterparty #GlacierRush #VIP #TheComeback #SkiUSA
#WorkHardPlayHard #NextChapter #IceQueen

[View all 15,102 comments](#)

GlacierRush The Ice Queen shuts the club down! What a night.

usskiteam Looks like a wild night, Kat. Just remember we have a team meeting tomorrow morning! us 😩

Alpine_Insider This is hard to watch. She's calling it a 'post-race celebration' but she literally just snowplowed down a bunny hill for a promo shoot. The disconnect is getting concerning. 📉📉



Add a comment...

February 11, 2024



TheAlpineInsider ✓

The Underground VIP Lounge - Beaver Creek, Colorado



215,842 likes

TheAlpineInsider 📺 EXCLUSIVE: Is the Ice Queen melting?

Following last night's wild Glacier Rush afterparty in Beaver Creek, former Team USA darling Katya Sterling was spotted having a massive breakdown in the VIP restrooms.

Sources inside the club tell us that the reality of her 'comeback' exhibition might have finally hit her. Just two years ago, she was an Olympic medalist. Yesterday, she was snowplowing down a bunny hill in a skin-tight metallic suit for an energy drink promo. Onlookers say the contrast was 'humiliating' for the former downhill star, who reportedly fled the dance floor in tears after realizing she was being treated like a mascot rather than an athlete.

Is this the end of the road for 'The Comet,' or just the harsh reality of her new lifestyle? Drop your thoughts below. 🗨️🔞

#KatyaSterling #SkiGossip #GlacierRush #VIP #Breakdown #TeamUSA #AlpineInsider #Exclusive"

[View all 18,304 comments](#)

SkiDieHard Honestly, this just breaks my heart. She's one of the best speed skiers we ever had, and management has her doing PR stunts in a catsuit. I'd be crying in the bathroom too. ❤️🔞

GossipGirl_Aspen She chose the money and the brand deals over the rehab. You can't play the victim when you're cashing the checks.

usskiteam_fanpage Look at her face... she looks so lost. I don't think she even realizes how far off track she's gotten until moments like this. Bring back our Comet! 🔞😭



Add a comment...

February 12, 2024



usskiteam

Birds of Prey Downhill Course - Beaver Creek, Colorado



45,210 likes

usskiteam The mountain always has the final word.

After yesterday's exhibition events, Katya Sterling insisted on stepping into the starting hut for this morning's official downhill speed training at Birds of Prey. Downhill is an unforgiving discipline, and it doesn't care about the off-season noise. There are no shortcuts back to the top.

Time to see what the 'recalibration' looks like at 80mph. Course is clear. us 🇺🇸

#TeamUSA #BirdsOfPrey #DownhillTraining #NoShortcuts #AlpineSkiing"

View all 4,892 comments

@KatyaSterling_USA Just shaking the rust off! The Comet is ready to fly. 🇺🇸

SkiDieHard Are the coaches insane?! She looks absolutely terrified and exhausted. You don't put someone on a downhill track the morning after they were drinking in a club until 3 AM! This is dangerous! 🇺🇸

Alpine_Insider This feels like a punishment. The Federation is publicly putting her in her place to show her she isn't an elite athlete anymore. Look at her eyes... she knows she's not ready. 🇺🇸



Add a comment...

February 12, 2024



TheAlpineInsider ✓

Birds of Prey Downhill Course - Beaver Creek, Colorado



342,901 likes

TheAlpineInsider 📺 BREAKING: Tragedy at Birds of Prey. ☠️💔

Disastrous news from Beaver Creek this morning as Katya Sterling has suffered a second high-speed crash during her first official downhill training run since 2023.

Eyewitnesses say Sterling, who appeared visibly shaken at the start gate, lost her edge on the very first technical turn, sliding nearly 100 yards through the ice and dirt before slamming into the safety barriers. Training was immediately halted as medics rushed to the scene. 🚑👉

This comes just hours after our exclusive report of Sterling's emotional breakdown in a local nightclub. Critics are already slamming the US Ski Federation for allowing an athlete in such a clear state of physical and mental 'recalibration' to attempt an 80mph course. Is this the definitive end for The Comet? We are awaiting an official statement. 🧑🏻🏂📰

#KatyaSterling #BirdsOfPrey #SkiCrash #BreakingNews #TeamUSA #AlpineInsider #TheComet #SkiingTragedy"

[View all 28,402 comments](#)

SkiDieHard I KNEW IT. You could see the terror in her eyes at the start gate. This is criminal negligence by the coaching staff. They let her destroy herself. 😞🏂

@Marcus_Aesthetic The old structure had to break completely before the new one could rise. I'm coming for you, Katya. The real work starts now. 📈💎

@FanBase_Sterling Please tell me she's alive. Watching that slide was horrifying. We love you, Kat! Please just stop trying to race. It isn't worth it. 🏂😞



Add a comment...

February 12, 2024



KatyaSterling_USA ✓

St. Moritz Private Medical Center - Switzerland



158,210 likes

KatyaSterling_USA Checking in from the other side!

The last few weeks have been a total blur. The crash at Birds of Prey was a huge wake-up call that my old body just wasn't ready for the speed anymore. ❤️ Since my nose was already broken from the fall, we decided to do a full 'structural reset' while I was under.

I know the silhouette looks a bit... different now, but it's all part of a new aerodynamic theory for my center of gravity. 🏂 My team says that adding a little more weight to my frame will actually help with stability in the high-speed turns when I get back to the World Cup. It feels a little heavy right now, but I'm trusting the science behind the recalibration. 📐

One more step toward the new me. The Comet is still rising, just in a different orbit. 📐❤️

#Recalibration #StMoritzMedical #TheComeback #NewFocus #IceQueen #AthleteLife #ScienceOfSpeed #StructuralReset

[View all 12,892 comments](#)

GlacierRush We can't wait to see the 'new' you on the mountain

usskiteam Wishing you a safe recovery, Katya. Please take the time you need to heal properly. 🤒

SkiScience_Pro Center of gravity? Aerodynamic stability? I've been a coach for 20 years and I've never heard of an 800cc 'functional' upgrade. She's being fed some very strange information. 🏂



Add a comment...

March 5, 2024



KatyaSterling_USA

The Peak Residences - St. Moritz, Switzerland



182,401 likes

KatyaSterling_USA Finally back in my own clouds...

Recovery is actually a total vibe when you have the right view (and the right meds, lol) I've been staring at the TV for three hours and I think I finally understand the physics of the new me.

A lot of you were asking about the 'extra volume' in my last post... honestly, it's basically just science? Since the crash, my center of gravity was totally off, so we added these custom 'ballast' stabilizers to my chest area. It's like... aerodynamic padding for high-speed impact protection? Marcus says it'll make my tuck even more efficient because of the... air displacement... or something.

My chest feels heavy but my head feels so light. Just focusing on the healing journey and staying hydrated out of my emotional support tumbler. The new nose is still a secret under the tape, but I can already tell it's going to be so much faster.

#PostOpVibes #StructuralReset #Aerodynamics
#StMoritzLiving #TheEvolution #IceQueen
#HydratedAndHigh #AthleteAesthetic

[View all 15,102 comments](#)

GlacierRush Rest up, Queen! The hydration is key to that post-op glow.

SkiScience_Pro I'm sorry... 'ballast stabilizers'? 'Air displacement'? She is literally describing breast implants as racing hardware. This is heartbreaking to watch.

InfluencerDaily The yellow bruising is actually such an aesthetic with the white fur. Heal fast, babe!



Add a comment...

March 18, 2024



KatyaSterling_USA

The Peak Residences - St. Moritz, Switzerland



210,482 likes

KatyaSterling_USA First official outing and the lighting in here is everything...

Finally swapped the silk sheets for some fresh air (and this gorgeous fur). I'm still feeling a little bit like I'm floating through a dream, but honestly, that's just the vibe right now.

My chest feels so much more 'stable' today—the extra volume is definitely helping with my overall posture while I wait for the nose to finish its reveal. 🩹 Bandages are the new summer accessory, right? 📷 Just heading down for a quick check-up and maybe a little window shopping. Every step feels like a new beginning.

#ElevatorSelfie #StMoritzStyle #PostOpLife #TheEvolution #WhiteFurEnergy #BandageChic #Floating #InfluencerEra

[View all 18,204 comments](#)

GlacierRush The fur is absolute perfection on you, Queen! Stay hydrated and keep that glow.

SkiGossip_Daily A surgical bra and a floor-length fur in an elevator? She has officially left the 'athlete' world behind. This is a total character reset. 🏔️📈

Aesthetic_Clinic_SM Healing looks so good on you! Those 'ballast' upgrades are settling in beautifully. ✨💎



Add a comment...

March 25, 2024



KatyaSterling_USA

Badrutt's Palace Hotel - St. Moritz, Switzerland



245,108 likes

KatyaSterling_USA Golden hour hits different when you finally feel in sync... ✨

Taking a moment to appreciate the new mountain air and the way the light catches the snow. I'm finally starting to feel the full effects of the 'structural reset'—there's this incredible new sense of gravity and presence that I never had before.

It's amazing how a few 'technical adjustments' can completely change your perspective. 🏔️ I'm still keeping the new profile under wraps for a little longer, but I couldn't resist showing off how perfectly the new silhouette is settling in. Feeling so much more... substantial and ready for whatever the next peak holds. 🏋️❄️

#StMoritz #GoldenHour #TheEvolution #NewEra #WhiteGold #MountainVibes #StructuralReset #AestheticAthlete

View all 22,102 comment

GlacierRush The view is absolutely breathtaking, but the Ice Queen is the real masterpiece here.

Alpine_Review I'm sorry, is she still pretending those are 'technical adjustments' for racing? That's a lifestyle look, pure and simple. The Comet has officially been eclipsed. 🏂📉

Luxe_Traveler The Moon Boots with the fur is such a mood! You look incredible, babe. Heal fast! ✨



Add a comment...

April 8, 2024



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Badrutt's Palace Hotel - St. Moritz, Switzerland



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Add a comment...

April 8, 2024



KatyaSterling_USA ✓

L'Atelier de Beauté - St. Moritz, Switzerland



268,401 likes

KatyaSterling_USA Details, details... 💄✨

Spending the morning getting the final touches ready for the big unveiling! It feels so good to finally be out of the 'healing' phase and into the 'polishing' phase. 🛠️ These nails are definitely going to take some getting used to—I'm not sure how I'm going to grip my ski poles with these, but honestly, it's a small price to pay for the aesthetic.

The energy today is just so electric. I can feel everything finally coming together—the silhouette, the profile, the vibe. Just one more tiny step and the new 'The Comet' will be ready for the world to see. ✨ Who else is ready for the reveal?

#StMoritzStyle #TheReveal #ManicureMonday #NewEra
#TheEvolution #WhiteGold #InfluencerVibes
#StructuralReset #Detail

View all 24,102 comments

GlacierRush The details are absolute perfection! We are counting down the seconds for the Ice Queen's grand debut.

Alpine_Review Are those... nameplate necklaces? And those nails... she can't even close her hand into a fist, let alone a racing tuck. The athlete we knew is officially gone. 🏂🔪

Luxe_Traveler The silver goggles with the white fur is literally everything! You look like a literal doll, babe. ✨💄



Add a comment...

May 12, 2024



TheReal_KatyaSterling ✓

Corviglia Summit - St. Moritz, Switzerland



342,841 likes

TheReal_KatyaSterling The view from the top has never looked so clear... ✨

After months of 'recalibration' and trusting the quiet moments of the journey, I'm finally standing where I belong. The tape is off, the vision is set, and I've never felt more in sync with my own silhouette. 🏔️

It's a strange thing to look in the mirror and see a version of yourself that matches the power you feel inside. This evolution wasn't just about fixing what was broken in Garmisch; it was about building something that could never be broken again. I'm trading the speed suits for a little more sparkle this season, but don't worry—the mountain still knows exactly who I am. 🏂👑

The new era is officially here. Are you ready for the peak? 🏔️

#StMoritz #OfficialReveal #TheEvolution #SnowBunnyEra
#WhiteGold #MountainHigh #NewBeginnings #LuxeLife
#PeakPerformance

View all 32,102 comments

GlacierRush The Ice Queen has officially reclaimed her throne! Absolutely breathtaking.

usskiteam A long road back, Katya. We're glad you're healthy and happy on the snow again.

Alpine_Review That's not a racer. That's a literal doll standing in the snow. The nose, the lips, the chest... the 'Comet' we knew has been completely replaced. 🏂👑



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Add a comment...

May 25, 2024



TheReal_KatyaSterling ✓

Global Media Center - Zurich, Switzerland



KATYA: THE COMEBACK



512,842 likes

TheReal_KatyaSterling The comeback isn't a race... it's a lifestyle. ✨

So honored to have shared my journey on Peak Reality tonight! For a long time, I thought being 'The Comet' meant only being the fastest person on the mountain. But after my second recalibration, I realized that true power is about being the most unforgettable. 💎

My new project as an Elite Ski Influencer is about more than just gates and times—it's about the glamour, the focus, and the beauty of the glide. 🏂🏔️ I'm trading the timing chips for diamonds and proving that you can be a world-class athlete and a high-fashion icon at the same time.

The mountain is my runway now. Are you ready to see what the Ice Queen has in store for the winter season? ❄️👑💄

#PeakReality #TheIceQueen #SkiInfluencer #NewEra
#WhiteGold #Evolution #LuxeAthlete #StMoritzStyle
#TheComeback

[View all 42,102 comments](#)

GlacierRush The ratings just hit the summit! The Ice Queen has officially arrived.

@TV_Insider Unbelievable transformation. She went from a gritty downhill racer to a literal goddess on screen. The 'Influencer' era is going to be massive. 📺✨

Alpine_Review Did she just say her crash was a 'pivot to perfection'? She can't even sit comfortably in that suit. This is a total media circus. 📰📈



Add a comment...

June 12, 2024



TheReal_KatyaSterling ✓

The Crystal Club - Zurich, Switzerland



642,810 likes

TheReal_KatyaSterling Sparklers, spirits, and a whole lot of attention...

Last night was a total blur of gold and glamour! It's funny—I used to think the best feeling in the world was standing on a podium alone, but having this kind of energy around me at all times is way more intoxicating. 💎

My 'recalibration' has opened up a whole new world of connections. 🚧 There's something so powerful about being in a room where everyone is hanging on your every word (and maybe your new silhouette too, lol). I'm learning that being an icon is much more fun than being a racer—the rewards are definitely sweeter, and the company is much better!

Every night feels like a celebration now. Who needs a finish line when the party never ends? ❄️👑✨

#TheIceQueen #VVIP #StMoritzNights #TheEvolution
#LuxeLifestyle #WhiteGold #NewEra #CenterOfAttention

[View all 52,104 comments](#)

GlacierRush The Ice Queen knows how to light up a room! Our most radiant partner yet.

Nightlife_Zurich Unreal energy last night. The boys couldn't take their eyes off her!

SkiAnalyst_Global From Olympic bronze to a professional party girl. It's wild to think she still claims she's an athlete on her profile. The transition is 100% complete. 📈📉



Add a comment...

June 20, 2024



TheReal_KatyaSterling ✓

Aura VIP Club - Zurich, Switzerland



712,408 likes

TheReal_KatyaSterling Training for the winter season... just a different kind of cardio! 🏂❄️✨

Last night was the ultimate pre-season send-off! There's nothing like the rush of a room that just... stops when you walk in. It's a totally different kind of adrenaline than being at the top of a course, but honestly, the view from the center of the dance floor is way better. 💎💎

I used to think the 'season' was just about gates and timing chips, but my evolution has taught me that the real energy is in the connections you make off the snow. 🏂 The way everyone was hyping me up last night... it's the best motivation I've ever had.

I might be trading my speed suit for a little more shimmer this winter, but I'm still the one setting the pace. 🏂✨ Are you ready for the Ice Queen's winter takeover? ❄️👑🔥

#TheIceQueen #PreSeasonVibes #ZurichNights
#TheEvolution #LuxeAthlete #WhiteGold #NewEra
#IceQueenEnergy #CenterOfAttention

[View all 58,102 comments](#)

GlacierRush The Ice Queen knows how to command the room! We are so ready for the winter launch.

Nightlife_Insider Literally the only person anyone was looking at all night. That bodysuit is a total game-changer!

SkiWorld_News The World Cup opener is in two weeks and she's popping bottles in Zurich? The 'recalibration' is officially just a full-time party. 🏂📺



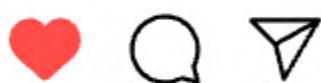
Add a comment...

October 15, 2024



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Aura VIP Club - Zurich, Switzerland



712,408 likes

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#TheEvolution #LuxeAthlete #WhiteGold #NewEra
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Add a comment...

October 15, 2024



TheReal_KatyaSterling ✓

The Onyx Lounge - St. Moritz, Switzerland



782,104 likes

TheReal_KatyaSterling Even the Ice Queen needs to be warmed up before the season starts...

Last night was the definition of 'peak energy.' Sometimes the best training for the mountain is just learning how to handle the heat of the spotlight. I'm feeling so in sync with this new version of myself—the extra weight, the new profile, the whole vibe. 🍷 It's all about finding that perfect balance before the first snow hits. 🏂💎

I used to be so afraid of losing focus, but I've realized that being unforgettable is its own kind of discipline. The guys were definitely keeping me warm on the dance floor last night, and honestly, I've never felt more ready to take over. ✨

Who's ready to see me bring this heat to the slopes? ❄️👑🔥

#TheIceQueen #PreSeasonHeat #VIPNights #TheEvolution
#LuxeAthlete #WhiteGold #NewEra #MirrorSelfie
#WinterIsComing

[View all 64,208 comments](#)

GlacierRush The Ice Queen is looking more radiant than ever! The season isn't ready for this much heat.

Nightlife_Daily A literal doll! The messy hair, the bodysuit, the diamond choker... she's the only thing people are talking about in St. Moritz right now.

Alpine_Review The World Cup opener is in 72 hours and she's posting 'messy' bathroom selfies in a club. The 'The Comet' we knew didn't need to be 'warmed up'—she was the fire. 🏂🔥



Add a comment...

October 28, 2024



TheReal_KatyaSterling

Badrutt's Palace Hotel - St. Moritz, Switzerland



842,108 likes

TheReal_KatyaSterling Breakfast with a view, but the drink is the real star...

Waking up in St. Moritz just hits different. There's something about the crisp mountain air that makes everything feel so much more... vivid. I'm starting my morning with my absolute favorite pink @GlacierRush—honestly, it's the only thing that keeps me this radiant when the temperature drops. 🍷💎

I used to spend my mornings in the gym prep-room, but I've realized that true 'performance' starts with the right aesthetic. Being back on this balcony, feeling the sun hit the snow... it's the perfect reminder of how far the 'recalibration' has taken me.

The season is officially open, and I'm just getting started. Who's joining me for a toast to the Ice Queen era? 👑

#StMoritz #GlacierRush #TheIceQueen #MountainLiving
#MorningRoutine #LuxeLifestyle #WhiteGold #TheEvolution
#SipInStyle #WinterAesthetic

[View all 72,102 comments](#)

GlacierRush The ultimate Ice Queen morning! You make that pink look like absolute royalty.

Luxe_Alps The Chanel shades with the fur and the hoops... she is literally a living doll. The most iconic person in St. Moritz right now! 💎🏔️✨

@SkiWorld_Fan I remember when she used to post pictures of her leg strength stats... now it's just pink drinks and silver boots. It's a totally different world. 🏔️📈



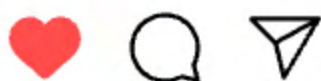
Add a comment...

November 10, 2024



TheAlpineInsider

Badrutt's Palace Hotel - St. Moritz, Switzerland



312,845 likes

TheAlpineInsider 📺 SPOTTED: When the 'aerodynamic upgrades' get in the way of basic winter survival... ❄️

Former downhill star Katya Sterling was seen struggling with the elements in St. Moritz this afternoon. It seems her massive off-season 'recalibration' has officially made it impossible for her to even zip up her own jacket!

Onlookers watched the self-proclaimed Ice Queen battle her zipper for several minutes before she finally had to give up and brave the freezing alpine wind with her chest completely exposed. We guess high-fashion doesn't come with a high-altitude warmth guarantee!

What do you guys think—is the influencer aesthetic worth the frostbite, or should she have stuck to the custom racing suits? Drop your thoughts below! 🙋🏻🔪

#KatyaSterling #StMoritz #SkiGossip #Paparazzi
#WardrobeFail #TheAlpineInsider #IceQueen #WinterFashion
#Spotted

[View all 28,402 comments](#)

SkiDieHard This is just sad now. She's standing on a freezing mountain surrounded by actual skiers, and she can't even put a coat on properly. What happened to our champion?

GossipGirl_Alps LMAO the way the guy in the background is looking at her! 🤔 She looks ridiculous. Those things are literally holding the zipper hostage! 💡💡

Luxe_Traveler Honestly, leave her alone! She still looks gorgeous. If I paid that much for a structural reset, I wouldn't want to hide it under a bulky puffer either. 💅🌟



Add a comment...

December 5, 2024



Katya_ThelceQueen ✓

World Cup Starting Gate - Cortina d'Ampezzo, Italy



912,408 likes

Katya_ThelceQueen Going for gold before the race even starts... 🏆✨🥂

First race day of the season, and the energy up here is absolutely electric! ⚡ I told the team I was bringing a whole new level of heat to the mountain this year, and let's just say... I think the competition is already melting.

They used to tell me to focus on being aerodynamic, so I made sure my new race suit fits like an absolute second skin. 💡✨ It's amazing how much faster you feel when your silhouette is literally dipped in liquid gold. The boys in the back are completely speechless—I don't blame them, it's a lot to take in!

Just visualizing the finish line and making sure the aesthetic is as flawless as the form. 🏔️👑 Who says you can't win Best Dressed and Best Time?

#RaceDay #ThelceQueen #GoingForGold #LiquidGold
#WinterFashion #LuxeAthlete #StMoritz #SkiSeason
#Unstoppable

[View all 88,102 comments](#)

SkiGossip_Daily Wait... does that ski literally still have the store barcode and price tag stuck to the front of it? 😬 Did you even buy them or is this just a prop?!

Alpine_Review This is actually terrifying. She's standing on a race course in moon boots holding a display ski, and the US coaches behind her look like they've seen a ghost. She has completely lost touch with reality. 📉🧠📉

Luxe_Traveler The liquid gold with the huge fur hat is EVERYTHING! Forget the race, you already won the whole winter, babe! 🥂✨💡



Add a comment...

January 10, 2025



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World Cup Starting Gate - Cortina d'Ampezzo, Italy



912,408 likes

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Add a comment...

January 10, 2025



Katya_TheIceQueen ✓

World Cup VIP Finish Area - Cortina d'Ampezzo, Italy



985,412 likes

Katya_TheIceQueen They told me the first race of the season is all about securing the gold... so I brought my own.



Watching the boys sweat it out on the icy course is cute, but we all know who the real distraction is at the finish line today. ❄️ So incredibly excited to exclusively launch the brand new 'Liquid Gold' @GlacierRush flavor! It's sweet, it's intense, and I promise... it goes straight to your head. 😊🔥

I might not have clicked into my bindings this morning, but honestly, standing on this podium just feels right. 💊✨ Why race against the clock when you can just make everyone stop and stare instead? 👑

The Ice Queen always finishes first. Come get a taste of the gold.

#LiquidGold #GlacierRush #TheIceQueen #FirstPlace
#FinishLine #WinterAesthetic #LuxeLifestyle #SkiSeason
#GoldenGirl #VIP

[View all 92,304 comments](#)

GlacierRush The ultimate prize at the finish line! 🏆 Our Liquid Gold flavor couldn't ask for a more flawless icon.

SkiDieHard This is deeply disrespectful to the actual athletes competing today. You're literally standing on the winner's podium in a costume to hawk an energy drink while real racers are crossing the line exhausted. Have some shame. 😡



Luxe_Alps The gold suit with the fur hat is breaking the internet right now! You are the ONLY reason to watch the ski season, babe! ✨💊💎



Add a comment...

January 11, 2025



Katya_ThelceQueen ✓

World Cup Podium - St. Moritz Finish Arena



1,142,804 likes

Katya_ThelceQueen They told the boys to race for the trophy, but I think they were really just racing to meet me at the finish line... 🏆🥰✨

Such an incredible honor to partner with the Federation today to hand out the gold at the season opener! I know the racers worked so hard on the icy course today, but let's be honest—standing on this podium in liquid gold is its own kind of extreme sport. 🍷

Watching them cross the line completely out of breath while I didn't even break a sweat... it really proves that my 'recalibration' was the ultimate winning strategy. Sometimes the best way to win the race is to realize you were always the prize waiting at the end. 😊🔥

Congratulations to the boys for trying to keep up with my glow. Who wants to claim first place next? 👑✨

#ThelceQueen #TrophyGirl #LiquidGold #FirstPlace
#SeasonOpener #WorldCupSkiing #LuxeAthlete
#GoldenHour #WinningAesthetic #TheRealPrize

[View all 104,210 comments](#)

GlacierRush The only gold that matters today! Our Ice Queen always steals the show.

SkiDieHard She literally stepped onto his 1st place block in platform boots to hand him the trophy so she could be taller than him. The disrespect to the actual winner is unbelievable. The Federation sold out. 😞👎

VIP_Alps_Lifestyle You are the ONLY trophy we are looking at! That gold suit is absolute perfection on you, babe. ✨🍷👑

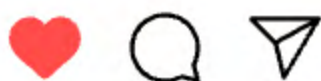


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Add a comment...

January 12, 2025



Katya_ThelceQueen

World Cup Podium - St. Moritz Finish Arena



1,142,804 likes

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Add a comment...



TheAlpineInsider ✓

The Onyx Club - St. Moritz, Switzerland



892,415 likes

TheAlpineInsider 📺 MEGA EXCLUSIVE: The Federation's Golden Girl... or Golden Ticket? 🏆📺

Just hours after Katya Sterling's highly controversial appearance on the World Cup podium, we've obtained exclusive photos that might explain exactly how the former downhill racer secured her spot handing out the crystal globe. 👁️👁️

Sterling was spotted in the VIP room of a St. Moritz nightclub last night, getting extremely up-close and personal with none other than the President of the International Ski Federation. 📺 Caught dead in the flash, the President looks like he just hit a gate at 80mph, while our self-proclaimed 'Ice Queen' seems to be celebrating her new favorite discipline...

Critics and coaches are already calling for immediate resignations, wondering if the sport's highest office has been completely bought out by the influencer lifestyle. 📺📺📺 We reached out to the Federation for a statement, but it seems they are currently 'unavailable.'

Drop your thoughts below—is the Ice Queen just playing the game better than anyone, or has professional skiing officially hit rock bottom? 🖱️

#KatyaSterling #SkiScandal #WorldCupSkiing
#TheAlpineInsider #Exposed #VIP #FederationFail
#BreakingNews #Spotted

View all 145,202 comments

SkiDieHard This is the absolute end of the sport. He needs to resign by morning. The fact that he let her hijack the podium makes complete sense now. Absolutely sickening. 📺📺

Luxe_Traveler Wait, she literally secured the bag AND the Federation?! 📺📺 Icon behavior. The look on his face is taking me out, he knows his career is over! ✨📺📺

Alpine_Review From an Olympic medalist to a scandalous tabloid headline. She has zero idea what she just did to her own legacy, let alone his. The 'Comeback' is officially a tragedy. 📺📺📺



Add a comment...

February 15, 2025



Katya_ThelceQueen ✓

The Peak Residences - St. Moritz, Switzerland



1,240,812 likes

Katya_ThelceQueen Did you miss me? 😊❄️✨

Took a little break from all the... noise lately to refocus on my personal goals and really tighten up my core! So many of you have been begging to see my new training routine now that the season is wrapping up, and honestly, the secret is all about the silhouette. 🍷

I traded the heavy lifting for some intense 'waist recalibration.' This corset is basically my new high-altitude weight belt! It keeps my center of gravity perfectly locked in and gives me that flawless aerodynamic shape for the slopes. Who says you can't sculpt your body and look absolutely glamorous at the same time? 💪

I'm feeling stronger, tighter, and way more focused. It's amazing what a little 'stability work' can do for your confidence. 😊

The Snow Bunny is officially back in the gym. Who's ready to train with me? 🐰👑

#SnowBunny #WaistTraining #ThelceQueen #HomeGym
#CoreStability #StMoritzLiving #FitnessJourney #LuxeAthlete
#Snatched #Unbothered

[View all 115,402 comments](#)

GlacierRush The ultimate Snow Bunny! 🐰👑 That core routine is clearly working, Queen

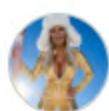
TheAlpineInsider She literally takes down the President of the Federation in a massive scandal, disappears for three weeks, and comes back posting corset selfies like absolutely nothing happened. The audacity is actually historic. 🤯📰

Luxe_Fitness_Babe Omg need this corset setup right now! Your waist is literally snatched to perfection! The hoops in the gym are such a vibe. ✨⌚💪



Add a comment...

March 10, 2025



Katya_ThelceQueen

The Peak Residences - St. Moritz, Switzerland



1,240,812 likes

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Add a comment...

March 10, 2025



Katya_ThelceQueen

The Peak Residences - St. Moritz, Switzerland



1,240,812 likes

Katya_ThelceQueen Building a little extra momentum for the slopes... 🍏🍌🌟

Since my DMs have been absolutely flooding with questions about my lower-body routine, I decided to let you guys in on how a real Snow Bunny builds her power!

To keep the waist perfectly snatched while I build up my foundation, I always train in my core-stabilizing corset. 🍌 But today is all about the glutes! A little heavy lifting with my custom gold kettlebell is the absolute best way to make sure the silhouette is flawless from every single angle. 🍌 They always told me you need a strong back-end to handle high speeds, and honestly, I think my foundation has never looked better!

It's all about the mind-muscle connection, babes. It gets so hot in this gym when I'm really pushing my limits. 🍌

Who wants to come over and spot me for my next set? 🍌🔥

#SnowBunny #GluteWorkout #ThelceQueen #HomeGym #HeavyLifting #StMoritzLiving #FitnessBabe #LuxeAthlete #GoldenHour #PeachBuilding"

[View all 115,402 comments](#)

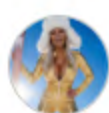
GlacierRush The strongest foundation on the mountain! We are absolutely loving the gold hardware, Queen.

Luxe_Fitness_Babe Wait, the platform sneakers and the corset for squats?! This is the most iconic gym fit I have ever seen. You look INCREDIBLE! 🍌🍏🍌

kiWorld_Fan You literally cannot do a proper squat in a rigid waist corset and 3-inch platform shoes. She is just entirely a model now. RIP to her knees. 🍌🍌



Add a comment...



Katya_ThelceQueen ✓

Badrutt's Palace Hotel - St. Moritz, Switzerland



1,524,810 likes

Katya_ThelceQueen The only ice out here tonight is dripping from my dress... and maybe the bunny. 🐰❄️✨

Stepping onto the red carpet, and let me tell you, the camera flashes are almost as blinding as my glow! They told me to dress for the cold, but honestly, I'd much rather be the reason everyone else is sweating in the snow. 😊🔥

Every single eye was on the silhouette tonight, and I can't even blame them. 🍑 I have to give a very special dedication to Marcus—my personal architect. Thank you for having the ultimate vision and building this absolute masterpiece with me. The foundation is flawless, baby. 💎

If you think the front of this dress is dangerous, just wait until you see the rest of the gallery. I might just drop a little extra, uncensored surprise later tonight for my top fans. Check the link in my bio for the real VIP access... you don't want to miss what's under the fur. 🍷✨

#SnowBunny #RedCarpet #BadruttsPalace #ThelceQueen
#StMoritz #VIPAccess #Masterpiece #Snatched
#GlamourModel #BabyItsColdOutside #LinkInBio

[View all 185,402 comments](#)

Luxe_Babe_Official Literally the most incredible body I have ever seen! You are the main event, babe! 🍑✨

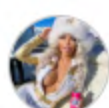
Marcus_Aesthetic A flawless execution of the design. You wear the vision well, Katya. 💎📈

SkiWorld_Fan Link in bio for VIP access? So she's officially just an adult model now. What an absolute waste of Olympic-level talent. Sad. 📉📈



Add a comment...

April 5, 2025



Kiki_SnowBunny ✓

VIP Sundeck - Cortina d'Ampezzo, Italy



1,842,105 likes

Kiki_SnowBunny Oops... I think the Olympic committee is going to need to custom-make a bigger speed suit for me!

The Road to Milano 2026 is officially underway, babes! While everyone else is freezing in the gym, my 'training' plan was just adding a few hundred more CCs to the aerodynamic profile! 🏔️ My architect decided we needed to push the absolute limits before the Games, so we did a little 'overfill' on the foundation. I can barely get this gold zipper past my waist now, but honestly? Being this heavy is such a flex. 🍷❄️

Katya used to stress over fractions of a second, but Kiki knows the real gold is making you all stop and stare. 🍑👑 Getting my daily dose of @GlacierRush to keep my energy up while I 'train' on the sundeck.

If you want to see what happens when the zipper finally gives out under all this pressure... you know where to click. 😊 VIP locker room access is open, boys! 🏃🍑❄️

#RoadToMilano #MilanoCortina2026 #Kiki #SnowBunny #Overfilled #BimboDoll #GlacierRush #WinterOlympics #GoldMedalGlam #LinkInBio #VIP

View all 210,482 comments

GlacierRush The reigning Queen of the mountain! 👑💖 Pink is definitely your color, Kiki!

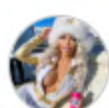
Luxe_Simp_Daily The overfill looks INCREDIBLE 😊 The way that suit is fighting for its life... clicking the link right now!! 🍷🔥

SkiWorld_Fan Using the #RoadToMilano hashtag while promoting an OnlyFans link is a new low. You aren't on the US Olympic team, Katya. You haven't skied a gate in two years. This is honestly just tragic at this point. 🏂📉



Add a comment...

January 20, 2026



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VIP Sundeck - Cortina d'Ampezzo, Italy



1,842,105 likes

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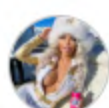
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Add a comment...

January 20, 2026



Kiki_SnowBunny ✓

VIP Sundeck - Cortina d'Ampezzo, Italy



2,105,482 likes

Kiki_SnowBunny They told me the Alps had the best peaks, but I'm pretty sure the real scenery is right here... Enjoy the view, babes! 🧐✨

Taking a quick break on the deck to soak up some sun and show off a little extra 'altitude.' I tried to zip this gold suit up for you guys, I really did, but the foundation is just way too massive now! 🍷 I guess we're just doing the fully unzipped aesthetic for the rest of the winter. Who's complaining? 🍷❄️

Staying perfectly hydrated and hyper-energized with my favorite pink @GlacierRush! Honestly, holding all this extra weight up is basically an Olympic sport on its own, don't you think? 🍷👑

If you think the view from the deck is pretty... you should see what I'm posting in the VIP lounge tonight. The zipper is coming all the way off. 🧐👉

#EnjoyTheView #Kiki #SnowBunny #BimboDoll
#MountainPeaks #Overfilled #GlacierRush #VIPAccess
#LinkInBio #WinterGlam #Unzipped

[View all 245,108 comments](#)

GlacierRush The best view on the entire mountain! 👑❤️
Keep shining, Kiki!

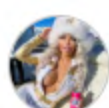
Luxe_Simp_Daily Those peaks are absolutely legendary 😊 I literally just subscribed to the VIP and OMG guys... it is worth every penny!! 🍷✨🔥

SkiWorld_Fan I used to have a poster of Katya Sterling on my wall when I was learning how to race downhill. Seeing her like this, completely brainwashed into being an OF model named 'Kiki'... it's genuinely the most depressing downfall in sports history. 📉📺



Add a comment...

February 5, 2026



Kiki_SnowBunny ✓

VIP Sundeck - Cortina d'Ampezzo, Italy



2,840,192 likes

Kiki_SnowBunny Everyone is so stressed about the games starting tomorrow, but honestly... I think we already know who's securing the gold!

They say you have to freeze on the slopes your whole life to earn a medal, but I just slipped into this tiny gold string bikini instead and I think I've already won! My architect told me gold is definitely my best color, and it looks so flawless against my perfectly oiled foundation. 🧊👑

I'm just out here catching a little winter tan and keeping the champagne on ice before the real main event tonight. Why watch the boys race when you can just claim the ultimate trophy right here? 😊

If you want to see what happens when the fur coat completely slips off... you know exactly which link to click, babes. 🍷❤️❄️ VIPs are getting my absolute best gold medal performance tonight!

#MilanoCortina2026 #GoingForGold #Kiki #SnowBunny #BimboDoll #GoldenGirl #VIPAccess #LinkInBio #WinterOlympics #TrophyWife #OiledUp

[View all 312,405 comments](#)

Luxe_Simp_Daily OMG the VIP set is literally breaking the internet right now!! The best gold medal ever 😍🥇🔥 The oil... I can't breathe!

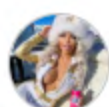
Bimbo_Aesthetics A literal perfect golden doll! 👑✨ You are the absolute main event, Kiki! 🍎🧊

SkiWorld_Fan The Opening Ceremony is tomorrow and this is what 'The Comet' is posting. Standing oiled up in a bikini in the snow to promote her OF. This isn't even sad anymore, it's just completely unhinged. 🤡📺



Add a comment...

February 5, 2026



Kiki_SnowBunny ✓

Cortina d'Ampezzo Olympic Slopes - Italy



3,214,890 likes

Kiki_SnowBunny Did you guys really think I was going to miss out on the games? Kiki is officially back on skis!

Everyone was asking if I'd ever hit the slopes again, so I decided to test out the aerodynamics of my new gold medal assets! 🐰 Honestly, they used to make me wear those boring, tight racing suits, but I think this tiny gold string bikini is the absolute perfect speed suit for my new silhouette.

My architect made sure I was perfectly balanced, but it's still so hard to stay upright with all this extra heavy gold up top! 🧊👑 The boys might be racing for a medal today, but we all know who's giving the absolute best performance on the mountain right now. 😊

I'm going to need someone to help me warm up and take off these boots once I get back to the VIP chalet... who wants to volunteer? 🍷 Catch the rest of my uncensored Olympic routine at the link in my bio. Kiki's going for gold all night long! 🏃🏆❄️👉

#MilanoCortina2026 #GoingForGold #Kiki #SnowBunny #BimboDoll #BackOnSkis #WinterOlympics #GoldenGirl #VIPAccess #LinkInBio #OiledUp #GoldMedalist

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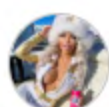
Luxe_Simp_Daily OMGGGG Kiki on skis in a bikini!! 😍🔥 The oil freezing on you makes this the hottest thing I've ever seen. Clicking the VIP link immediately! 🏠💧

Bimbo_Aesthetics A literal perfect golden doll on the snow! 👑💎 The way those straps are fighting for their life... you already won the whole Olympics, babe! 🍎🏆

SkiWorld_Fan She literally put on skis just to mock the sport she used to dominate. She has completely lost her mind. 'Katya' is totally dead. Enjoy your OF money, Kiki. 🏂📺



Add a comment...



Kiki_SnowBunny ✓

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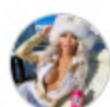
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Add a comment...

February 7, 2026



Kiki_SnowBunny ✓

Olympic Village - Cortina d'Ampezzo, Italy



3,842,105 likes

Kiki_SnowBunny Just cruising past the Olympic Village to check out the competition... 🏂🍏✨

I've been hearing some crazy rumors that there's already a massive condom shortage in the athlete dorms this week! Honestly, with this much gold on the mountain, can you really blame the boys for getting a little distracted?

I might not be staying in the official village anymore, but my private VIP chalet is definitely hosting the real main event tonight. 😊 Let's just say Kiki is bringing home the gold in every single category, and I don't need a referee to tell me I won. 🍷👑

If you're out here in Milano, I hope to see you on the slopes! And if you can't make it to Italy... you already know the VIP link in my bio has all the exclusive, uncensored behind-the-scenes action. 🗉👉 Come see exactly how a real Snow Bunny celebrates a victory! 🐰❄️✨

#MilanoCortina2026 #OlympicVillage #Kiki #SnowBunny #BimboDoll #GoldMedalist #VIPAccess #LinkInBio #WinterOlympics #ThongBikini #GoingForGold #SkiBum

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Luxe_Simp_Daily The best view at the entire Olympics!! 🥰🍏 I would literally drain my bank account for an invite to that VIP chalet. Clicking the link right now!! 🖥️💧🔥

Bimbo_Aesthetics A literal golden goddess! 👑✨ They better restock the village because Kiki is causing a total meltdown on the slopes today!

SkiWorld_Fan The 'Katya' flag in the background while she skis in a thong to promote her adult site... It's like a bad fever dream. The greatest downhill racer of her generation turned into a punchline. I can't look at this anymore. Unfollowing. 🏂📉



Add a comment...

February 12, 2026