

laurence vincent lapointe



- 1. Date of Birth:** May 27, 1992
- 2. Hometown:** Quebec, Canada
- 3. Club:** Club de Canoe Kayak de Trois-Rivieres, Quebec, Canada
- 4. Sport:** Canoe Sprint
- 5. How many years training in canoe:** 4 years
- 6. How many days/week do you train in canoe?** 5-6 days/week
- 7. Do you cross-train?** Yes. Running, swimming, cross country skiing, spin bike, strength training.
- 8. Who is your closest rival?** My greatest rivals are Jenna Marks and Maria Halavresos from Nova Scotia, and Mallorie Nicholson from Ontario. They are all really great paddlers but also very nice.
- 9. Other favourite sports/hobbies?** I have been doing synchronized swimming for 8 years. I like to travel and I am learning to be a life-guard.

- 10. 2008 Accomplishments/Nationals Results?**
 - National Champion 1000m (15-16 & 17-18 age category) and 6000m (15-16).
 - Broke Canadian records in the 1000m event (17-18) and in the 6000m (15-16).
 - Silver medal C1 500 and bronze 200m (17-18)
 - Pan American Championships: Silver C2 500 and 200m events.
 - Provincial Champion in all race distances (15-16 & 17-18)
- 11. Most memorable 2008 race?** 2008 CKC Nationals 2008, C1 1000m (17-18), I finished first with a time of 4:53 (personal best) and also beat a 2002 Canadian record.
- 12. 2009 Goals?** I mostly want to improve my times. I hope to go under 4:50

seconds for my 1000m, to finish 1st in most of my races at the CKC Nationals, participate at the 2009 World Championship and finish in the top 5.

- 13. What is your message to the world regarding women in canoe?** Sprint Canoe is a great sport. I think every woman should be able to enjoy this sport as men enjoy it. Open the doors, and this will help us improve. And for all women "Try Canoe Sprint; it is a marvelous sport!"
- 14. Who is your role model, mentor, or who inspires you the most?** I have great respect for Dave Frost, who is a very good paddler and who went to the Olympics. I also thank my coaches, who help me to paddle better, every day.
- 15. What is your favourite music for competition or relaxation?** I like almost all styles of music.
- 16. How many years do you see yourself competing in canoe?** I want to compete as long as it takes to see Women's Canoe at the Olympics Games, but I will always continue to paddle because I love this sport.
- 17. If you were stranded on an island and were allowed only 2 items, what would they be?** My first item would be my kit of my canoe (boat and paddle) and the second would be my family (who are my best supporters).