

Laura Donaldson, British Team (29)

1. What is the atmosphere like out there now?

It is pretty charged, the weather is great, the sun is shining, the people are incredibly friendly and going out of their way to help out...in that all American way. It is good.

2. What is the snow quality like?

The snow is the best quality I have come across all season. It dumped a week ago and covered the place with about 4 feet, which is perfect.

3. Are you still practicing loads or chilling out in the build-up?

Practicing loads, and trying to chill out as much as poss. Due to my last minute qualification, we only just got my coach accredited and we have been doing some fairly intensive work

4. Could you describe a typical day (e.g. what time do you get up / training etc)

Waking up far too early due to jet lag, that is a good thing but can be annoying when I know I need the extra kip. I wake up at 5am every morning without fail and try to chill until it's really time to get up. A lot is whizzing around in my head at the moment; sometimes I find it hard to sleep. I get a shower and head over to the food hall for breakfast where we can eat and don't have to pay, which is always nice. We get a trailblazer organised by the organisers and jump in that, head up to Snowbird or tomorrow we are headed to Deer Valley. We train on the flats first, fixing up technique a bit and then go to the mogul course. Today we jumped; I worked on my two tricks, moguls tricks are uprights and are to be clean, disciplined and high. I practiced double twisters and twister-spreads for the morning then we quit at 1pm. Back in the Trailblaser and back to the Olympic Village, where I get refused entry by the army officials on the gate...I had my all important accreditation tag around my neck while skiing, it must have dropped off somewhere. So we have to go back through the official areas, get my passport bussed out to me - what a hassle, the security around the village is incredible. There are police in volunteer uniforms, there are secret service-men in cop uniforms, and everything is scanned like at an airport when you arrive, there are electric fences and you cannot get very far without your accreditation - as I discovered today. I have a TV in my room with 60 channels, there are also Internet cafes, coffee shops, cinema, a relax area with play Station 2 etc...all the good stuff, and we pay nothing. There are volunteers around 24/7 who will do anything for you...within reason. There's a stage where bands play during the day and at night. It's all designed to look after the athletes as much as possible! I speak to a sports psychologist about my days training and get a massage from the team physio, have supper and go to bed.

5. Are you on a special diet?

A healthy diet, we eat pretty well, you can ask for anything to be prepared for you, however you want. When I get in from training the first thing to do is eat, they get it ready pretty quick and there is nothing for me to really do, which is such a great thing - no chopping/no cooking/no dishes, none of that boring stuff

6. What is your favourite food?

Hmmm....I should say something healthy at this point, I know I should but I can't help saying ice cream - there is no ice cream at the food hall. I have heard though, that there is a Macdonald's in the other restaurant and it's open 24hrs. I guess I need to visit the other restaurant

7. Who are your sponsors?

Salomon, Fat Face clothing, Convert, Bolle eyewear, equipment and clothing is covered, currently negotiating with a cash sponsor - sorting these things out while I am abroad all the time is difficult

8. Who is your trainer / coach?

David Speirs, who was born in Scotland and lives in Australia, a number of us from the British team were coached by him in Oz this summer. He is a professional mogul skiing perfectionist.

9. What are your latest successes?

My 4th place in the Andermatt Europa Cup which gave me my qualification for the Games

10. What does it feel like to be in Team GB?

It feels pretty nice, Team GB is cool. The support is fantastic and s/thing we, the British freestyle team, could do with a lot more of. It is such a change for me to be able to access team physios/doctors and people who know things and can genuinely help. And they're Our Team, instead of hanging out with other teams, which we do a lot of, in order to train

11. Do you have a strategy for the moguls (like Jonny Moseley!)

Hmm...this could take a while, my strategy is: eyes up, be ahead of things and have fun

12. What are your plans after the Olympics?

A photo shoot for next years Snow and Rock catalogue, which is in Verbier, a few more races I should think and I'll wait and see