

Sam Temple, British Team Member (29)

1 What date and time does your competition start, and how long does it last?

The Mogul competition is on the 12th Feb, we get to train from 7.30 to 8.45am before the comp which starts at 9am. I will be one of about 30 men and our starting order will be drawn at random. The run itself will take roughly between 28-31 seconds and is 265m long.

2 How did your training go in Canada?

The training went very well indeed. I have worked on some new jumps, which I may do in the Olympics dependent on how things go and also I have further improved my skiing technique. Physically I am on the best form of my life, though I am suffering a bit of tendonitis in my right knee due to too much training!

3. What is the snow quality like?

Have heard that it is fresh but firm and lots of it weather is pretty cold

4 Is this your last Olympics, will you stop competitive skiing.

This will be my last Olympics, as to when I stop competitive skiing we shall have to wait and see.

5. What does it mean to represent your country at the Olympics?

I am very proud to do so, as it makes all the hard work worthwhile!

6. What do you want from the games, and how do you hope to achieve it?

I am going after a medal, and I am under no illusion that it will be easy, I will have to be on top of my game, in both my skiing and jumping, my mental and physical capacities will have to be spot on, and a little bit of luck never hurts.

7. Who are your sponsors?

Bolle, Convert, Hestra, Salomon skis and binding and Rachle boots.

8. Who is your trainer / coach?

Steve Desivich former world cup champion

9. What is the worst injury you have suffered while skiing, and how did it happen?

In 1994 I ruptured the ligaments in my right knee, whilst doing an extreme skiing contest in New Zealand. More recently I damaged the ligaments in my lower back whilst in the Gym doing squats, which meant quite a long rehab and some nasty injections.

10. Who do you see as your biggest rivals?

The way the skiing has been going on the world cup this year, just about everyone in the Olympics has the potential to medal. The competition is that tight!

11. What attracted you to mogul skiing, and what motivates you to do it?

I was working in a mountain restaurant in La Clusaz when I saw a world cup event and the local hero Edgar Grosperon win. It was the first time I had ever seen mogul skiing, and I decided at that moment it was something I wanted to be good at. I am motivated because I keep getting better, and the better I get, the more I understand there is to learn. I suppose that I just want to be the best I can be.

12. What sort of training do you have to do?

Lots of Gym work with an emphasis on agility and strength/power. Anaerobic recovery training. And of course there is the skiing. Most of the year we train to the extent that we are pretty much exhausted though we seem to have just the

right amount of recovery time that we can get away with it without getting ill.

13. How much did it cost to get to the Games and how did you finance it?

That is a hard question to answer. In monetary terms, this year has cost about £18,000 and that is cutting as many corners possible such as sleeping on friend's floors (thanks Mat and Sarah!). The British Ski and Snowboard Federation give me a budget of roughly £8,000 and normally I have sponsors cover the rest. Unfortunately this year has been difficult and I am without sponsorship, but the BOA have given me £300 per month as part of their scholarship scheme, and my old school, the Dragon are selling T-shirts and expect to raise around £1000 pounds. My mum and dad are helping me with the shortfall and the BSSF will carry some of my debt for me!

In other terms, I would like to have gone to university and to have a Job, but on the other hand most of my friends tell me that I won't feel that way after working for 10 years, so what the heck!