

TEAM **NOVA SCOTIA**

Janique LeBlanc

Women's Curling

Age: 17

Hometown: Fall River, Nova Scotia

Years in current sport: 10



What do you like most about your sport?

I like learning about proper nutrition, fitness and mental training however, that comes with every sport. What I enjoy the most about my sport is its complexity. Curling is all about the right technique and I am constantly learning from every practice.

What are your long-term goals as an athlete?

Having the chance to represent Canada at the World Juniors and at the Olympics.

Do you have any pre-game rituals?

Not many, besides doing a good warmup with my teammates before the game or checking out the ice.

What keeps you motivated?

My coach and my three amazing teammates always keep me motivated on and off the ice. All of our set goals remind us to keep pushing and having my best friends as teammates makes my sport that much more enjoyable. I look forward to every practice and every tournament knowing that I will always be having a great time with them, no matter what the outcomes are.

Who is your role model?

My parents because they are always encouraging me along with doing everything they can to get me prepared for big weekends. I also always admire the professional curlers. There are positives that I can take away from every one of their games.

What is your favourite quote or inspirational saying?

“Champions aren’t made in gyms. Champions are made from something they have deep inside them- a desire, a dream, a vision” –Muhammad Ali

Do you have any advice for younger athletes wanting to compete in the Canada Games?

If your goal is to eventually compete in Canada Games and you love your sport and are willing to work hard, don’t quit, it will definitely be worth the experience.

Is there anything else you’d like to add?

Can’t wait to meet all the athletes competing in Prince George!