

Selina Gasparin

Lives in	Lantsch / Lenz
Date of birth	3 April 1984
Squad	Swiss-Ski national team, biathlon
Free time	Family, sporting activities
Languages	German, Italian, Romansh, English, Norwegian
Ski club	SC Gardes-Frontière, SC Bual Lantsch
Homepage	www.gasparin.ch
Facebook	www.facebook.com/selinagasparin
Instagram	@gasparinselina

Career

- **1990 - 1997** Pontresina primary school
- **1997 - 2003** Grammar school, Academia Engiadina, Samedan
- **2003 - 2006** Degree in Human Movement and Sports Science, Meråker & Lillehammer (Norway)
- **2007** Training to become a border guard

Biography

I started alpine skiing when I was two and a half years old and loved the snowy Engadine winter. I only ended up in cross-country in a roundabout way. Because of my inwardly twisted feet, the doctor recommended doing sports such as skating, ballet or horse riding to turn my feet outwards. As an active child, I enjoyed doing these very much but most of all I liked to whizz down the mountains on alpine skis.

When I was of primary school age, my sisters Elisa and Aita were born and turned



everything upside down. Thank goodness! My mother explained to me that babies cannot ski and that they cannot really go out on the slopes in their pushchairs. So instead of alpine skiing, I went cross-country skiing, as the cross-country ski run is practically next to the winter hiking trail. I was allowed to go to children's training classes and it was great to spend my free time actively in the snow with friends. I soon competed in my first races and during my youth I was selected for the ski club, the regional squad, the Graubünden squad and the national squad.

At the age of 14, I competed in my first international race and unexpectedly finished on the podium. This sparked a flame in me and it became clear to me that I wanted to go on and, in addition to compulsory education, train as much as possible to see where my path could lead me. After grammar school, I wanted to optimise my situation but not give up studying. Since Swiss universities are not exactly located on cross-country tracks, I embarked on a memorable adventure and went to Norway to study human movement and sport sciences for top-class sports people. There I learned a lot, both about sport and people.

At a biathlon trial course I was fascinated by shooting and, as there were no female biathletes in Switzerland, I was offered the opportunity to change my discipline. I had nothing to lose. I could have given up my gun and gone back to cross-country skiing at any time, but I never wanted to from then on. Despite initial difficulties and many penalty loops, I found biathlon both enjoyable and challenging.

After my studies, I trained as a border guard and was accepted into the FCA's top-class sport support programme; the perfect solution to combine sport and work. Step by step, competition by competition, I gained experience in biathlon, which allowed me to participate in the World Cup for the first time in 2006 and in the World Championships in 2007. As the only woman in Swiss biathlon, I slipped into the role of a pioneer. It was not until 2012 that my sisters and their teammates were able to start a women's relay team.

My greatest success was the historic silver medal at the Olympic Winter Games in Sochi 2014. The winter sports fairy tale continued when my then boyfriend and cross-country skier, Ilya Chernousov, won the Olympic bronze medal. Soon after, wedding bells rang and just one year later, our daughter Leila was born. We moved to Lenzerheide in order to use the World Cup-compliant Biathlon Area's good training conditions.

I recently wrote an autobiography to bring people closer to my sport and my life. My aim was to spread background knowledge and emotions so that in the future it would be more fun to watch biathlon competitions live or on TV. Incidentally, the biography is available on my website in the fan shop.

After the birth of our daughter, I fought my way back to the top as a mother by finishing 2nd in the 2016 World Cup in Antholz and dreamt of a second Olympic medal. In South Korea, however, everything changed. I was not able to adjust to

the local conditions and performed catastrophically. 6th place with the women's relay was admittedly still a conciliatory conclusion to the games, but for me it was clear: „I don't want to retire like this“.

Too much energy, motivation, and simply „desire for biathlon“ is still in me even after many years.

There have never been too many challenges for me and so with the birth of my second child the next one was already there. I will do everything in my power to participate in competitions as soon as possible after pregnancy and show young athletes that old mothers should not simply be written off :)

Achievements

World Championships

**Antholz 2007, Östersund 2008,
Pyeongchang 2009 and Oslo
2016: participated**

Khanty Mansiysk 2011:

- 13th place individual

Ruhpolding 2012:

- 10th place mixed relay
- 12th place sprint
- 13th place pursuit

Nové Město 2013:

- 13th place relay

Hochfilzen 2017:

- 11th place sprint
- 13th place relay
- 18th place mass start

World Cup

- 1st place sprint (Hochfilzen 2013)
- 1st place sprint (Annecy 2013)
- 2nd place pursuit (Antholz 2016)
- 4th place pursuit (Annecy 2017)
- 4th place individual (Östersund 2012)
- 5th place individual (Ruhpolding 2016)
- 5th place sprint (Kontiolahti 2014)
- 5th place sprint (Antholz 2011)
- 5th place individual (Antholz 2010)
- 6th place sprint (Annecy 2017)
- 6th place sprint (Presque Isle 2016)
- 6th place mass start (Khanty Mansiysk 2013)

Olympic Winter Games

Vancouver 2010: participated

Sochi 2014:

- 2nd place individual
- 9th place mass start
- 13th place sprint
- 15th place pursuit

Pyeongchang 2018:

- 6th place relay