

# Whistler Olympic Park

## Whistler Nordic Development Centre

grow  
sport



## Etienne Letondeur, Head Coach

Born June 30, 1985 in Viriat/France, Etienne Letondeur has been involved in Nordic Sports his whole life. Growing up in Le Plateau d'Hauteville - Brénod, one of France's #1 biathlon areas, coming from a family involved in the sports and with Nordic trails going through his backyard, he stood on skis the first time when he was 17 months old. Since then he has been connected to the sports competitively both as athlete and coach, on the business side as sales and race service representative for ski brands, and as a technical advisor, volunteer and association member to foster sport development.



### Athletic Career

Etienne competed in biathlon and cross-country skiing for about 12 years. Starting in grade seven, he benefited from the athlete-specific Nordic sport programs offered by schools in the French education system. He was among France's top five athletes as a youth and got classified as a high performance athlete by the government. Racing against French athletes such as Simon and Martin Fourcade, Vincent Jay and Alexis Boeuf who are today Olympic Medalists and World Champions, he achieved several podium finishes in National Cups in the Youth and Junior category and competed in several international races within Europe.

### Coaching Career

Letondeur started coaching his hometown club, Ski Club Brénod - Corcelles, while he was still competing as an athlete. This was a way for him to give back to the community who supported him when he was younger and to share his experience and passion with young athletes. Etienne kept coaching and mentoring athletes since, and made his way in the coaching pathway working with clubs, provincial teams and most recently lead teams to international races like World Masters Games and IBU races in Europe.

### Biggest Career Influence

From an athletic standpoint, Corinne Niogret (French biathlete, Olympic Gold Medalist and 3-time World Champion) was Etienne's biggest inspiration as a young athlete. They trained in the same club, and as his mentor she helped him develop his passion for biathlon. When he was eleven, she even organized fast skis and a French National Team racing suit for him. Watching her and the other national team athletes compete on TV as well as train at his own home venue filled him with pride. From an athletic perspective, French skier Vincent Defrasne inspired Etienne with his ski technique. He got to witness Corinne win her Olympic gold medal in Albertville 1992 and was in Torino 2006 when Vincent skied to the Olympic podium, which he describes as incredible experiences.

As a coach, he got inspiration from his own coaches during his athletic career, as well as from working with different coaches from many countries throughout his career. Also observing his former contestants such as the Fourcade brothers, Vincent Jay and Alexis Boeuf progress and succeed on the international level has helped him as a coach to guide his athletes in their pathway.

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### Meaning of Sport

Etienne sees sport as a great school of life. Sport provided him with lots of opportunities to learn about himself, helped him develop life skills as well as the ability to push himself, get out of his comfort zone and to have a better understanding of the world and the people around him.

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### Coaching Philosophy

- Be open minded and always look for improvement and innovation
  - Know where you want to go and have a plan to get there
  - Have the ability to analyze: Always ask yourself and understand why you are doing things
  - Be honest with yourself, take no short cuts
  - Respect your team mates/athletes/coaches, they make you and your team stronger
  - Train like you race, race like you train
  - Have no regrets, take opportunities
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### Coaching Education

- Certified Coach for Biathlon Competition Development
  - 15 years of coaching experience (France and Canada)
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### Further Education

- Twelve years in XC/biathlon sport schools in France
  - Baccalauréat (French secondary school degree), science-based
  - Bachelor degree in Sports Marketing (products and services)
  - Master degree in Sport Business Engineering
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### Partners

- Rossignol (skis, boots, poles)
- Oakley (Eyewear)