

Whistler Olympic Park

Whistler Nordic Development Centre

Marion Bottesi, Assistant Coach

grow
sport



Born in Villard de lans France, Marion Bottesi has been involved in cross country skiing and biathlon since she was a child. She started cross country skiing at the age of eight. Always intrigued by the sport of biathlon, Marion soon started practicing shooting indoors with air guns, until she was legally allowed to shoot 22 calibre biathlon rifles at the age of 14. After racing on the provincial team for a while, she then transitioned to her real passion, coaching. Now she loves to help others on their journey to achieve their athletic goals.



Athletic Career

Marion started cross country skiing at the age of six and competed for the first time when she was eight. She instantly loved racing and made it to podium in every competition. She soon wanted to transfer over to biathlon, however in France only youth 14 years and older are allowed to shoot with 22 calibre rifles, so she practiced shooting indoors with air guns until she could use real rifles. She was successful on the provincial team for six years, and got to race internationally when she was in high school. After ending her active career, she noticed that skiing on a purely recreational level was not enough for her, so she transitioned into coaching as her new profession. As racing has been such a big part of her life, Marion still enjoys to participate in long distance cross country ski races today.

Coaching Career

After she had stepped back from her racing career, she enjoyed skiing as a recreational activity for a while. However, she felt that there was more out there for her and her talent as an excellent skier. Furthermore, she needed something to do during her free weekends, which used to be filled with racing. So, at the age of 19, she decided to teach the adult group in her hometown ski club. Even though she had not felt overly confident at the start, she soon saw her students progress fast with her help, and she was able to improve their technique and speed considerably in a very short time. Proud and inspired by this, she decided to make her way into the coaching pathway, and chose coaching as her new passion and profession.

Biggest Career Influence

From an athletic point of view, French biathlete Raphaël Poirée, three-time Olympic medalist and seven-time individual World Champion, was Marion's role model. Throughout her career, she learned a lot from watching and analyzing his style and the way he competed, and she adopted details she had observed to become a stronger biathlete.

Another crucial influence was Marion's first biathlon coach. She still remembers today that when she was only eight years old, he saw her potential and encouraged her to try the sport. Without him, she would not have adopted biathlon as her sport and way of life, and would not be who she is today.

Whistler Olympic Park

Whistler Nordic Development Centre



Marion Bottesi, Assistant Coach

Meaning of Sport

Marion loves sport as it enables her to be out in nature, to learn new things, and to have fun with friends and team mates. As a young athlete, it helped her develop important life skills such as self-discipline and the ability to be organized, and she learned how to push herself and get out of her comfort zone. As she got older, sport taught her the importance of listening to and taking care of her body, and the immediate connection between physical health and performance. Every day, sport helps her to keep grounded, reflect on life and clear her head.

Coaching Philosophy

- Work hard and believe in yourself.
 - Never give up, especially when you have your mind set on a certain goal. The race is not over until you get to the finish line.
 - Make every day count and always give your best.
 - Always remember that skiing should be fun and that you should enjoy it.
-

Coaching Education

- Certified ski coach/France (Diplome d'Etat de Ski: Moniteur National de Ski Nordique de Fond)
 - Two seasons of coaching experience at a biathlon and ski club in Alaska/USA.
 - 2 years of coaching experience in France.
-

Further Education

- Bachelor degree in physical activities/sport sciences.