



Brady Lemman

2011 RBC Olympian

Sport: Ski Cross
Hometown: Calgary, AB
Current Residence: Calgary, AB

Career Highlights:

2010 Canadian Olympic Team Member
Bronze Medal — 2010 X Games, Aspen Colorado
5th place — Rockstar Energy Grand Prix World Cup, Blue Mountain, Ontario
6th place — World Cup, Alpe d'Huez, France
9th place — World Cup, Lake Placid, US

Brady's Bio:

Calgary's Brady Lemman has shown what it takes to overcome setbacks and injuries to become one of the best ski cross athletes in the world. Brady finished the 2010 season ranked 22nd in the world after competing in just three of 11 World Cup races. Brady took home a Bronze Medal at the 2010 X Games in Aspen, Colorado and was named a member of the 2010 Canadian Olympic National Team.

Athletic Goals:

At the top of my list of goals for next season is a medal at the 2011 Freestyle World Championships in Deer Valley, Utah. I also look to earn my first World Cup podium and finish in the top five overall for next season's World Cup.

Favourite Olympic/Sporting Moment:

My favourite moment was when I won the seeding round at X Games in 2009. I started right behind Darron Rhalves (former Alpine World Cup winner), one of the top competitors in ski cross. I had such a fast time that Rhalves just stood at the finish looking bewildered at the board, with the rookie at the top and his name further down. At this moment I really knew that I could compete in ski cross and would have a good chance at winning the race.

Best Advice You've Ever Received:

The best advice I have ever been given was by a coach of mine, Jason Lapierre, when I was about 15 years old. He told me that if you don't put 100% effort into everything you are doing, especially in training, you are wasting your time. If you're not putting full effort into every training run on the hill, every hill sprint or every set of squats, then it's not worth your time. Somewhere, someone else is giving their best, all the time, and when it comes to competition time, they will beat you. What I took from this is that you have to fully apply yourself to accomplish your goals. If you do, the possibilities are endless; and if you don't, you're only setting yourself up for disappointment.

Being an RBC Athlete Means...

Being an RBC Olympian gives me a chance to gain valuable work experience while I train full time and gives me the opportunity to be involved with one of Canada's premier companies as it helps to support Canada's athletes.

