



Sylvia Kerfoot

2011 RBC Olympian

Sport: Freestyle Skiing — Moguls

Hometown: Vancouver, BC

Current Residence: North Vancouver, BC

Career Highlights:

Silver Medal — 2008 World Cup in Czech Republic

Member of five World Championship Teams — 1999, 2001, 2003, 2005 and 2007

12th place overall — 2007 World Cup

Bronze and Silver Medals — 2006 Canadian Nationals

Sylvia's Bio:

Sylvia's 15 years on the Canadian National Freestyle Ski Team (Moguls) were filled with highlights including spots on the 1999, 2001, 2003, 2005 and 2007 Canadian World Championship Teams, a Bronze and Silver Medal at the 2006 Canadian Nationals and a second-place finish at the 2008 World Cup.

Athletic Goals:

As I have just retired, I hope to have more time to get involved with sport in my community.

Favourite Olympic/Sporting Moment:

Winning my first World Cup medal at home (Blackcomb Mountain) with family and friends there.

Best Advice You've Ever Received:

Know that when you are standing in the gate, you have done everything you could to compete your best. Leave nothing for chance. Courage means being afraid and doing it anyway. In order to succeed we must first believe that we can.

Being an RBC Athlete Means...

Being an RBC Olympian allowed me to focus on my sport and my Olympic dreams. Now that I have retired from sport, I can continue to gain experience in the workplace and prepare for my next career. I can share my story and reach out to my community. It is an honour to be an RBC Olympian, to be an athlete and do what I love, and to encourage and inspire others to dream.

