

# marie-hélène prémont

2004 Athens Olympic Games  
**silver medallist**

Commonwealth Games 2006  
**gold medallist**

2007 Nationals  
**canadian champion**

World Cup ranking 2007  
**2nd overall**

World Championships 2007  
**fourth place**

## 2007 results

Houffalize (Belgium)

**6th World Cup**

Offenback (Germany)

**2nd World Cup**

Baie St-Paul (Quebec)

**1st Canada Cup**

Bromont (Quebec)

**1st Canada Cup**

Champery (Switzerland)

**3rd World Cup**

Mont-Ste-Anne (Quebec, Canada)

**4th World Cup**

St-Félicien (Canada)

**2nd World Cup**

Mt Washington (British Columbia)

**1st National Championships**

Fort William (GRB)

**4th World Championships**

Maribor (SVN)

**2nd World Cup Finals**

## 2008 season calendar

April 19-20 World Cup . Houffalize (BEL)

April 26-27 World Cup . Offenburg (DEU)

May 3-4 World Cup . Madrid (ESP)

May 31 - June 1 World Cup . Vallnord (AND)

June 7-8 World Cup . Fort William (GRB)

June 17-22 World Championships  
Commezzadura - Val-di-Sole (ITA)

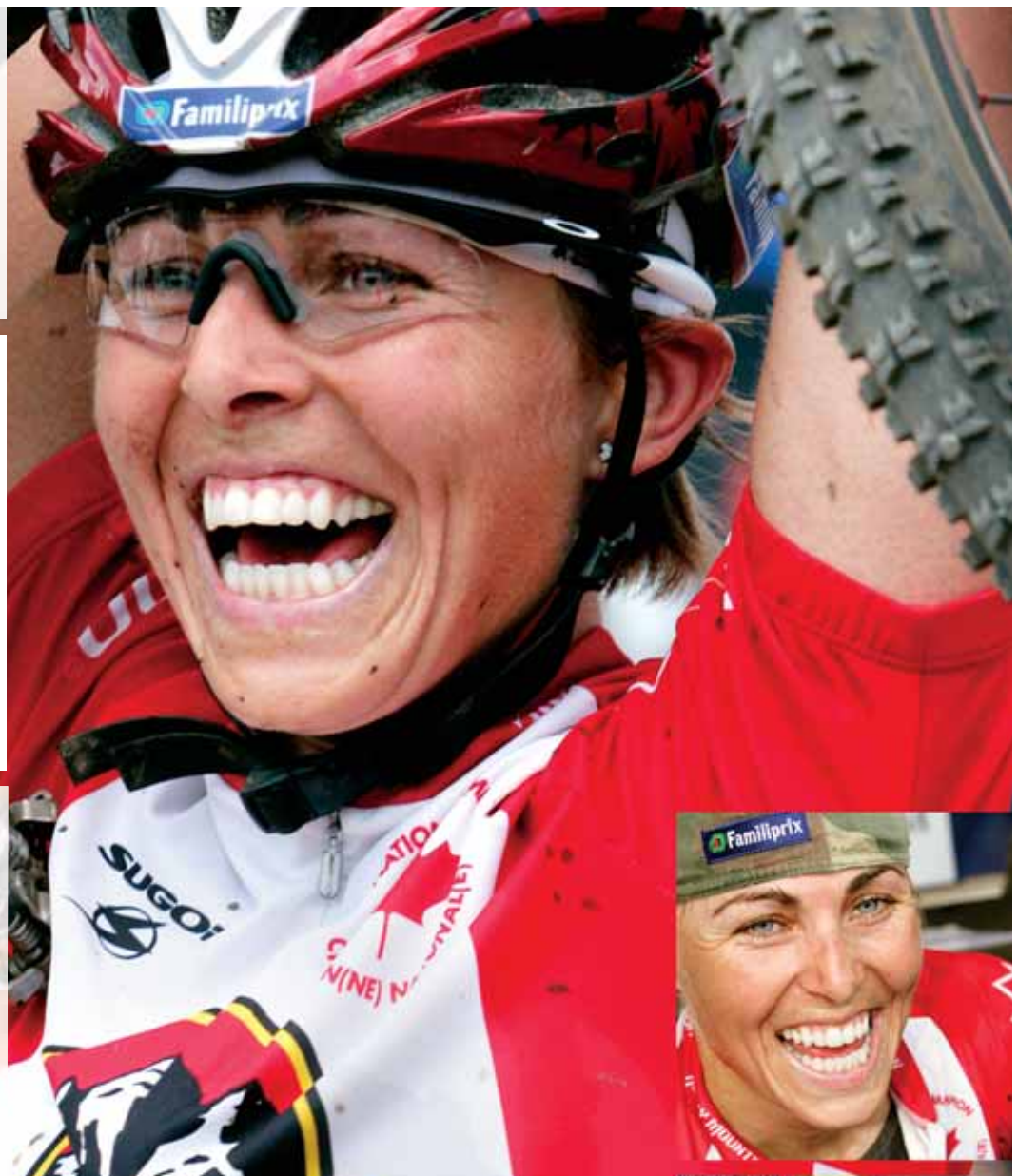
July 26-27 World Cup  
Mont-Sainte-Anne (CAN)

August 2-3 World Cup . Bromont (CAN)

August 22-23 Olympic Games . Beijing (CHN)

August 30-31 World Cup . Canberra (AUS)

Sept. 13-14 World Cup Finals . Schaladming (AUT)



## personal informations

Date of birth: October 24, 1977

Residence: Château-Richer, Québec City

Sponsors: Rocky Mountain/Business Objects,  
Familiprix, McCarthy Tétraut

Education: Bachelor in Kinesiology, University Laval. Currently  
pursuing studies in Pharmacology.

Her excellent attitude leads her to great results in all aspects of her life: sports (cycling, soccer, snowboard, etc.) private life, social life as well as studies.

She was a member of the national snowboard team.

For Marie-Helene, a balanced life is the key of success.

## Marie-Hélène speaks...

"Sharing my life between education and a high level sport brings me balance in my life."

"In order to benefit the positive aspects of practicing a physical activity is to be active year round, even during winter!"

"Motivate kids to be active, encourages health."

"It is incredible. It gives me the goosebumps. I knew my legs were strong. It's the greatest day of my life and at the same time I hope it won't change the way I am. I'm an athlete, but first of all I'm a person like every one else. I want to keep being happy as I am." she responds to Pierre Hamel from Vélo Mag in Athens.

