

# Nadia Moser:

## As the World Changes, Athletes' Goals Don't

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*This article is part of the "Women in Biathlon Series". With excellence and leadership at the forefront of Biathlon Canada's values, we will be featuring some of the great female athletes, coaches, officials and volunteers that support us in sport and help build our close-knit community. Follow us on social media @biathloncanadaofficial to keep up with each story as we hear from women across the country.*



Skiing into the range is a little different for athletes around the world, and especially those on the World Cup circuit this year.

Usually, there are crowds of people proudly waving their nations' flags, standing shoulder-to-shoulder cheering athletes on. But this year, there are no fans cheering when athletes race by or as they cross the finish line; team training has been in smaller groups and socially distant – it's truly a season like no other.

The last 12 months have tested athletes adaptabilities. For many, like Canadian national team member Nadia Moser, they've been put into uncharted situations to navigate through. From finding new ways to train, to having a different competition schedule. It's a new reality that keeps them on their toes.

"Training has been slightly different this year because of gym restrictions and not being able to get into a gym," says Moser. "Some team things like camps were cut out because we weren't allowed to do that. So that was a little sad and changed our training. But we have mostly been able to do some great training, especially in the summer since we could do a lot of it alone and outside, so that was nice."

The season has been a testament to her dedication, not only in the sport of biathlon but achieving her goal of booking her ticket to the Beijing 2022 Olympic Games next winter — making everything her and her teammates are experiencing worth it. Despite all of the change, it hasn't phased or changed Moser's goals and motivation.

Starting biathlon at 14 years old, Moser says it's a sport that combines what her mother taught her about cross-country skiing with her love of shooting.

"My mom taught me [skiing] when I was a little kid," Moser tells Biathlon Canada while in the Czech Republic for training camp. "Then, when my family moved to Whitehorse, my mom didn't want me to stop cross-country skiing; and a friend suggested I try biathlon because I liked shooting; and skiing itself wasn't exciting enough for me," laughs Moser, reflecting on her growth through the sport.

There weren't too many biathletes in Whitehorse, Moser recalls. But, despite the small club, her dreams were big. She eventually moved to Canmore, Alberta to train at a higher level and fulfill her goals.

Once out West, she says her appreciation for the sport grew. Moser has been part of the Canadian national team since 2018 and has gotten to know other biathletes from across Canada, while traveling the world getting to do a sport she loves.

When asked her favourite memory or moment from her years of racing, she replied, "There are too many. I just love racing. Right now, we have a really great team and get along really well."

Moser has stayed positive through these challenging times, while remaining focused on her training. Knowing what's on the line, she says she is excited for the upcoming months for both her and her teammates to be able to perform at a high level and punch their ticket to Beijing 2022.

Her confidence and commitment to never give up is the one piece of advice she wants all athletes to know, and that their hard work will eventually pay off.

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