



Season report 2009 / 10

Dear sponsors, patrons, fans and good friends

In spring 2009 everything was clear, the team was complete and we could start with our training with our trainer Hansruedi Meier.

Every day the training was hard, we sweated a lot and we had sore muscles day after day. The bob federation also had a hard program for us. During the week we trained with our coach and on the weekend we trained with the bob federation. (for example power training, staying power or endurance)

Our goals for the season 2009/10 were clear. In every european race a place under the top 10 and the qualification for the junior world championship. Anyway the second season is over and we can look back to a success-

ful and great season 2009/10.

The first half season was better than we expected, on the first few races we reached the top 8 place. One of the highlights was the second place in Altenberg Germany together with Andrea. Incidentally Altenberg is one of the most difficult tracks in the world. With that result we reached the qualification for the junior world championship.

Unfortunately, sometimes we had less good moments. For example the dreadful bob crash in Königsee Germany from a russian team. After that horrible crash we needed a



few good discussions to be brave enough to do the next ride on this track.

After Altenberg (Germany) we had a short break. The next race was the swiss championship in St. Moriz. Unfortunately I had a cold, but we started anyway and reached the unsatisfied 5th place. It doesn't matter for us, we continued fighting into the second half of the season.

After the swiss championship we travelled to Cesana in Italy. There we had a crash in the last training before the competition. Although we did a good 8th place. Following the race in Italy we had our home-race in St. Moriz and our goal was a place in the top six. We had attractive training times, but the competi-

tion was not as good as we expected. We didn't disheartened us and started the adventure junior world championship in St. Moriz. We are absolutely content and proud with the 4th place together with Hanne Schenk (team Fabienne Meyer).

To sum up we are happy with the results during the 2nd season. We could use the learned experience from the first season and we increased from race to race. In the european overall standings we reached the 5th place.

Thanks a lot for your support

Kind regards

Tamaris and team


