

**Emily Dreissigacker "My goals are quite similar every year, improve and have fun! "**



**New exclusive interview on Biathlon Live! For the writing of our Horizon Biathlon No. 1 report on biathlon in the United States, Emily Dreissigacker was kind enough to answer a few questions.**

- First name: Emily
- Name: Dreissigacker
- Date of birth: 29 November 1988
- Place of birth: Morrisville, Vermont
- Nationality: American
- Instagram: emdreiss

**You come from a family of athletes, your mother, your father, your aunt all participated in the Olympic Games, and your aunt even won a silver medal at the 1984 Olympic Games. Your brother Ethan and sister are also biathletes just like you and your husband is Alex Howe, also a biathlete. Sport should be an important topic at family gatherings?**  
*« Of course! I am so grateful to my parents for passing on their appreciation of sport to me. My sister gave me her rifle when she retired, my brother made my stock ([www.lostnationrd.com](http://www.lostnationrd.com)-check them out!), and shooting drills with Alex are some of my favorite training. »*

**Last season 2 World Cup events were held in North America. How did you experience this week of competition? Did your family make the trip to Canmore to support you?**  
*« My family did not make the trip. I'm from the eastern US so traveling to Canmore or Soldier Hollow is only slightly closer than traveling to Europe. But it was very cool to see the World Cup come to the US! »*

**You are going to start your 3rd year in the senior team; you have just had a good end of the season with good European championships in Minsk. We are now a few weeks away from the new season. What are the objectives for this year?**

*« My objectives are pretty similar every year, improve and have fun! Of course, a big goal is to qualify for the world championships team, but I'll be happy if I feel good skiing and hit the targets! »*



Emily Dreissigacker with Susan Dunklee and Clare Egan (Photo: John Lazenby/lazenbyphoto.com)

**The next World Championships will be organised at an altitude of 1700m in Antholz. Have you adapted your training accordingly? If so, in which way?**

*« We did a training camp this summer that included a week and a half in Antholz. I also will not go home at Christmas and instead train in Antholz. »*

**Your country is number one in many fields and many sports, but biathlon is a sport that is not very developed and not well promoted in relation to the potential that such a country could have. How do you see your sport evolving since your beginnings?**

*« When I first started doing biathlon just over 4 years ago, the women's team was barely filling IBU cup starts. Last winter we had three women place in the top 20 on the IBU cup. That really shows how much depth we've gained which I think is indicative of a growing popularity of the sport. »*

**Lowell Bailey in an interview for the NPR website told that biathlon in the USA still faces budgetary problems. How does USBA help you when travelling in Europe? Do you sometimes have to pay certain expenses with your own money?**

« Usually if you are on the World Cup USBA covers the costs and if you are on the IBU cup you pay for a lot of it. But if you are on the A team you also get a monthly stipend from the USOPC that can help with those costs. »



Emily Dreissigacker with her Team USA teammates at a "Girls with guns" camp (Photo: IBU)

**Similarly, for sponsors, some time ago Sunsan Dunklee had stuck a sticker on his rifle that said: "Millions of viewers. Your ad here" which allowed her to find sponsors quickly. Is it difficult for you to have brands that want to be your sponsors?**

« For me individually I think it's definitely harder. Especially since I don't get on TV, I don't have the "millions of viewers". But as team we have some really amazing and generous sponsors, both European and American companies. »

**A few years ago, you launched "Girls with Guns Biathlon Clinic" to help you develop biathlon for young girls. Can you tell us how it works?**

« It is a totally free clinic for girls 8-18 run by US women's national team members. We try to do at least one, if not two a year. They're usually about two hours of teaching them how to shoot, some fun games or relays on skis (or on foot in the summer), with some time at the end to just hang out and talk. We've had as many as 100 girls at one clinic! »