

David Nedohin

Sport: Curling

Born: December 1973

Birthplace: Winnipeg, Man.

Residence: Sherwood Park, Alberta

If you plan and create a road map, you have a much better chance at reaching your goals.

In curling in Alberta, the best breed the best. Right now Edmonton is home to three of the top four teams in the world.

This creates huge rivalries and very challenging local competitions. It will also lead to more great teams for years to come. To win in Alberta today, you have to become a great team—and then knock off a great team.

We have an opportunity to play in some of the best World Curling Tour events right here in Alberta. Communities like Brooks, Wainwright, Bonnyville, Lloydminster, Red Deer, Medicine Hat and others all lead to our province's success in curling. Access to these events is second to none.

With so many events in the winter, I end up spending more nights in hotels with my curling teammates than at home with my wife. For most of the season, my wife, daughters and I are only together one or two days a week at most.

During the season, my day typically consists of a delicate balancing act between work, family and sport during practice days. The days begin early (6 a.m.) so I can hit the gym, and then I'm off to the office. Practices are usually around lunch and typically would be six days a week. During competition, we often play two or even three games a day. This means up to nine hours a week on the ice. Between games, my time is simply dedicated to nutrition and rest. Competitions (including travel) can last between four and five days a week, and we might compete three of the four weekends in a month.

If you plan and create a road map, you have a much better chance at reaching your goals. Without this process it is very possible that even with pure raw talent, success may not come to fruition.

Success does not discriminate between sport, family, leadership or business. All of the critical components are the same—communication, commitment, confidence, support, and goal setting.

When I talk to people about being an elite athlete and how they can be their best, I encourage them to find something they love to do, and never stop dreaming. Determine your support network in terms of family, teammates, and coaches and set a plan in motion to be the best.

I love what I do and I'm proud to do it. My proudest moment in sport was winning the World Championships in my home town of Winnipeg. I grew up there and when I was 27 I moved to the Edmonton area. Going back and being able to play in front of my family and friends—in Canada—was simply incomparable. The pressure was incredible, but coming through with gold was something I will never forget.

In addition to this, we won the semi-final against the current Olympic gold medallist in a game that looked like we had no chance of winning. Almost everyone thought our last shot was impossible, but we made it. It was the proudest moment for our team, as it was a perfect team effort from line calling, sweeping and the shot—and it made the gold medal possible.

My heroes are my parents. Without them, none of this would be possible. They have created the perfect team in fighting the ultimate battle—my father's cancer—never giving up, and believing in one another. Their battles help me keep sport in perspective—it is just that—sport. Win or lose, I will have memories to last a lifetime and no one will ever tarnish those, and for that I will always consider myself a champion.

More about David Nedohin

Family: Married to Heather; father of daughters Halle and Alyssa

Career: Former professional engineer; currently executive vice-president of Statusfirm Media Group

Club: Saville Sports Centre, Edmonton

Other Sports: Canadian champion and world medallist in barefoot waterskiing

Other Sport Highlights:

- Member of Team Ferby since 1997 with skip Randy Ferby, second Scott Pfiefer and lead Marcel Rocque
- Winner of four Canadian Brier Championships
- Made 95 per cent of his shots in 2005 Men's World Curling Championships and 96 per cent of his shots in the 2003 Canadian Brier Championships
- Four-time Canadian Brier Championship most valuable player
- As of summer 2009, played in eight Canadian Brier Championships, six World Championships and three Continental Cups.