

Nolan Thiessen

Sport: curling

Born: November 1980

Birthplace: Swan Lake, Manitoba

Residence: Edmonton, Alberta

Not all elite athletes are full-time athletes. On my curling team, we all have business lives that we have to perform. I get up and go to an office building and work as a chartered accountant for eight hours then I go practice or workout for a few hours in the evening.

Like so many athletes in Alberta, training in this province has contributed to my success as three of the top four ranked teams in Canada are in Edmonton. Access to being able to play and compete against those teams has improved my game.

My proudest moment in sport was standing atop of a podium at the World University Games in 2003 with the Canadian banner being brought up after my team had received its gold medals.

When it come to sport and leadership, I've learned that leadership is not about yelling and screaming. It's about putting in the work necessary to be successful. Leading by example is much more important than leading by words.

When I talk to kids about what takes to be successful in curling, I say to get out and play as much as possible. Go to the rink in the evening and spare for people, curl as many games as you can while you are young and get the feeling for the sport.

Someone I look up to in overall sports is Nolan Ryan. He was able to compete as a power pitcher in major league baseball until the age of 45 because of his exceptional determination and work ethic.

In curling, I admire Kerry Burntyk from Winnipeg, Man. I always enjoyed watching him and his team compete when they were winning Canadian Brier Championships, World Championships and many other large events in the mid- to late 1990s.

More about Nolan Thiessen

Family: Single

Education: bachelor's of commerce with major in accounting from the University of Manitoba

Career: chartered accountant

Club: Saville Sports Centre, Edmonton, Alberta

Other curling milestones:

- As part of Team Koe—Kevin Koe (skip), Blake MacDonald (third) and Carter Rycroft (second)—has earned entry into the 2009 Canadian Curling Trials in Edmonton's Rexall Place in December
- 2008 Canada Cup of Curling champions
- Started curling at the age of 12.