

Written by Admin

Monday, 31 December 2018 07:43

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**Sophie Marois** competed on only vault during the Canadian women's historical fourth-place performance in the team final at last fall's 2018 World Championships in Doha, Qatar, but she is eager to contribute more as she upgrades her all-around program in the new year.

Marois, a native of Montreal who trains at Viagym in Terrebonne, Quebec, finished fifth all-around at both the 2017 and 2018 Canadian Championships. Her best international apparatus results include first place on balance beam at the 2017 Pan American Championships in Lima, Peru, third place on vault at the 2018 Pacific Rim Championships in Medellin, Colombia, and sixth place on vault at the 2017 Challenge Cup of Cottbus, Germany.

In this IG Online interview, the ambitious Marois recalls Canada's unexpectedly strong showing in Doha and outlines her goals for 2019.

**IG:** Was fourth place in Doha a surprise to you and the other gymnasts on the team, or exactly where you wanted to place?

**SM:** Yes, the results were surprising for us. We did not think at all about coming in fourth in the world. This is the best result that Canada has ever achieved. The day of the final, we wanted only to do our best and give all that we had. We did not think at all about results, because our objective was already attained in advancing to the team final.

**IG:** So close to a medal, what could your team have done better to win the bronze?

**SM:** I do not think we could have done anything better. I really think that we gave everything in

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the team final. Sure, we made some mistakes here and there, but we will learn from these mistakes and so it is going to help us advance even more. I think we showed that Canada can be a very competitive country, and this fourth place motivates us even more to get onto the (medal) podium at the next World Championships in 2019.

**IG:** In Doha you competed on only vault in the team final, and on vault and floor exercise in qualifications. In the future, what plans do you have to compete all-around internationally?

**SM:** I would really like to compete all-around for Canada, and this is what Canada is looking for presently — gymnasts who have high scores on four apparatuses. On the contrary, I still need to improve my start values on the other apparatuses to be able to compete with the best gymnasts in the world. I am therefore working very hard on my start values as well as on my execution.

**IG:** Who coaches you, and on which apparatuses?

**SM:** My coaches are Frank Kistler and Fanie Daunais. Frank is my coach on vault, uneven bars and floor exercise, and Fanie is my coach on balance beam. Fanie also takes care of the artistry and is also present with us on the other apparatuses in order to give us corrections. My coaches work very well as a team, which facilitates training.

**IG:** How, where and with whom did you spend Christmas and New Year's Eve?

**SM:** I spent them with my family. We celebrated Christmas with my mother's family that lives in Montreal, and we celebrated New Year's Eve with my father's family that lives in Granby. I adore visiting my grandparents, uncles, aunts and cousins, and spending time with them, because I do not have the chance to see them very often.

**IG:** What are your New Year's resolutions for 2019, in and out of the gym?

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**SM:** My resolution for 2019 is to better appreciate all of the moments spent inside the gym and outside the gym, and to always give my 100 percent in everything I do, so as to not have regrets.

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