Florence Schelling knows exactly how tough it is to get to the top. As goaltender of the Switzerland ice hockey team, she represented her country at four Olympic Winter Games and was named player of the tournament in Sochi 2014 as they claimed bronze.

She remains the only woman to have played in the Swiss Men’s League B, and was a starter for Northeastern throughout her college career in the United States.

So who better to mentor the next generation of ice hockey players at the Winter Youth Olympic Games (YOG) Lausanne 2020.

Schelling, 30, is one of 26 Athlete Role Models (ARMs) picked by the International Olympic Committee (IOC) for the Games and she is loving every minute of it.

She said: “The Youth Olympic Games are fantastic, it’s such a great opportunity for such young athletes to first of all expose themselves on such an international stage, but also at the same time to feel that kind of pressure already at a young age in a way that it can prepare them for the future and maybe one day for the big Olympic Games.”

Selected by the International Federations whose sports will be featured at Lausanne 2020, the list of ARMs contains many legendary names from the world of sport, including Olympic and world champions. In Lausanne, they are playing a key role in supporting, mentoring and advising the 1,880 young athletes who will be participating in the YOG.

The ARMs will engage and share their experiences with the athletes in the Youth Olympic Village, at training and competition venues, and during a series of educational activities and workshops. These activities will focus on a range of areas, including Olympic Solidarity, skills development, career management, injury prevention and integrity.
Additionally, the general public and local young people are able to meet and engage with the ARMs through sports presentations during the competitions, and through sports initiation sessions taking place in competition venues and in the centre of Lausanne.

Lausanne 2020 continues until January 22.

**SHOTLIST:**

00:03 Florence Schelling speaks to young ice hockey players

00:10 **SOUNDBITE:** Florence Schelling, Athlete Role Model at 3rd Winter Youth Olympic Games (English Language).
"I am responsible for the hockey players in a way that I talk to them, I give them my advice as a former experienced Olympic athlete, and I just talk to them to make them feel comfortable and that kind of stuff."

00:26 Florence Schelling speaks to young ice hockey players saying (English language):
"We've already met at the focus day, two or three days ago in the meantime. I just want to congratulate every single one of you for making the Youth Olympic Games. This is a sick experience and congratulations to every single one of you for that."

01:15 Ice hockey players listen to Florence Schelling

01:20 **SOUNDBITE:** Florence Schelling, Athlete Role Model at 3rd Winter Youth Olympic Games (English Language).
"The advice I would give them is really be like a sponge in a way that just soak up everything, soak up all the emotions that you can, make new friends, meet new people, ask questions, learn from each other and just really have fun because that's what it's ultimately all about."

01:38 Ice hockey players listen to Florence Schelling

01:43 **SOUNDBITE:** Florence Schelling, Athlete Role Model at 3rd Winter Youth Olympic Games (English Language).
"The Youth Olympic Games are fantastic, it's such a great opportunity for such young athletes to first of all expose themselves on such an international stage, but also at the same time to feel that kind of pressure already at a young age in a way that it can prepare them for the future and maybe one day for the big Olympic Games."

02:05 Florence Schelling speaks to young ice hockey players
02:09 Young ice hockey players listen to Florence Schelling
02:15 SOUNDBITE: Florence Schelling, Role model at 3rd Winter Youth Olympic Games (English Language).

“I am impressed by everything here. I’ve been here for four days now and it’s been a blast. The way it’s organized it’s fantastic, the people are so helpful. There are so many volunteers helping. The athletes are having a great time, they are being supported everywhere and performance has been great. So, I’m really really happy how it is.”

02:36 Young ice hockey players listen to Florence Schelling
02:43 Men’s ice hockey mixed team coach at the meeting
02:48 Ice hockey players applauding

02:58 SOUNDBITE: Florence Schelling, Athlete Role Model at 3rd Winter Youth Olympic Games (English Language) (on mentoring boys).

“It’s different, but at the same time I grew up playing men’s ice hockey, so I am comfortable being around that many boys and just talk to them. Of course, I think for them it would have been a bit more interesting talking to male counterpart that has played in the NHL before than talking to me. But at the same time it’s all about just talking to them, make them feel comfortable, tell them about what I went through, the things that I experienced. And I think that in the end it doesn’t matter whether they are boys or girls.”

03:33 Shots of ice hockey game

03:41 SOUNDBITE: Florence Schelling, Athlete Role Model at 3rd Winter Youth Olympic Games (English Language).

“It’s been really fun, the games that I saw, it’s very dynamic. Obviously, you can tell some teams have a bit of difficulties or aren’t as close of teammates than they probably would be with if they would play with their country. But I think it adds so much special to the whole game having those mixed teams. I think the girls and the boys are enjoying it a lot. And I think for the audience it’s fun to watch.”

04:11 Gold medals ahead of Medal Ceremony
04:12 Florence Schelling at Medal Ceremony
04:23 Olympic flags being raised

-- ENDS --

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