



INTRODUCING ALISON DESMARAIS

CLASSROOM
CHAMPIONS
how better gets better and better





Alison is a Métis speed skater from Vanderhoof, BC and currently trains in Calgary, AB. She competes for Team Canada in long track speed skating, but her journey didn't start there. Growing up, Alison fell in love with short track speed skating and pursued this for 15 years, ultimately reaching the Canadian National Short Track team and representing Canada on the world cup circuit. In 2020, she decided it was time for a change and made the transition to long track. To do this, Alison competed in RBC Training Ground and was able to receive funding and support as an RBC Future Olympian during her transition to long track. Due to COVID-19, her first two seasons in long track were characterized by cancelled competitions, closed training facilities, and multiple injuries, but Alison persevered and finally got the chance to race for a spot on Team Canada in March of 2022. Even though the journey wasn't easy, the hard work paid off and she is already setting personal records. She is looking forward to pursuing her long-term goal of representing Canada at the 2026 Olympic Games in Italy.

Outside of sport, Alison has a degree in Exercise and Healthy Physiology and works as a strength coach for aging populations at a local Calgary gym. Outside of training and working, Alison enjoys hiking with friends, singing along to Disney soundtracks, and baking (and eating) absurd amounts of cookies.

Performance Stats:

2x Canada Cup Medalist in 2023

Two new personal records in 2023 in 1500m and 3000m

Long track speed skating national team

Former short track speed skating national team member



FUN FACT!

My favorite movies are Cool Runnings and Kung Fu Panda! I love the message the stories tell of succeeding through hard work and believing in yourself.