

Olympic Dreams

by Dorothy McDonall

Collections asked the declared Canadian Dressage riders for the 2008 Hong Kong Olympic Games to share their thoughts on their Olympic dreams, and posed the following questions:

- 1) When did you first realize you wanted to ride in the Olympics and what was the first thing you did to get yourself on the Olympic path?
- 2) What inspires you to hold to and follow this dream?
- 3) How are you preparing yourself mentally for the rigours of Hong Kong?
- 4) Who would you like to thank that has supported and continues to support you in the pursuit of this dream?

Name: Courtenay Fraser
Horse: Against All Odds "Quincey" – Belgian Draft X QH/TB
Owner: Courtenay Fraser
Riding: Since a teenager
Birthplace: Surrey, B.C.
Hometown: Victoria, B.C.
Occupation: Professional Rider and Trainer
Coach: Jeremy Steinberg

Courtenay is only half joking when she says: "...if I'm being honest, I was planning on taking my first pony to the Olympics...that would've been when I was 14 years old!" She credits her experiences with the NAYRC as "putting her on the path" to her Olympic dream, it being a good introduction to international competition.

Courtenay's inspiration is knowing that the journey will help her to grow as a person as well as a rider. "I constantly want to be learning and evolving, I guess the challenge is my inspiration," she explains. To this end, Courtenay is taking [things] one day at a time right now, focusing on her horse and riding. "I feel the more I focus on us being a strong partnership the better our chances are for the [Olympic] trials."

Who to thank? "There are so many people I would like to thank," she notes. "My husband Stuart, my family, Jeremy Steinberg, Jessica Lyman and everyone at Traumhof, Jane Biggs, Sheila Skene, Cathy Pirolo, Sandy Burns and Savoir Faire Stables, the Charlton Smith Foundation and everyone else who has supported me along the way. Without their encouragement and support I would never be where I am today."



Photo: Tracey Eide