Sophie Gauthier

Born in Montreal, Canada

Playing table tennis for 12 Years

Club Name LYTTA

Coach Maxime Surprenant

What's your favourite thing in the competition?

To be able to improve myself and compare if the things I work on in training have improved.

Do you have any superstitions or rituals before games?

I always fold my towel on the black side.

You lead 10: 0, what do you do next?

I try a move a little more risky, then if I miss it is correct, and if I have it I "respect" the other. I let luck decide.

What is your favourite sports quote?

"Nobody who ever gave his best regretted it." -George Halas

How does being an athlete make you a better student or worker?

It taught me to be organized, and to perform even when the preparation or the conditions are not perfect.

What 3 words describe you as an athlete?

Hardworking, Serious, Critical

What challenges have you encountered that made you the person you are today?

During the pandemic, I realized that most of the issues that stressed me weren't that important. Today I try to be happy and take advantage of what I have.

What is the biggest lesson you've learned from table tennis?

The important thing is to compare yourself with yourself and not with others, because there will always be someone better than you.