



Press release

June 26th, 2017

Jérémie Heitz Prepares his Comeback!

Jérémie Heitz is recovering well from his latest injury. Between workouts, physical therapy, coaching and personal projects, the skier from the Marécottes region of Switzerland is in the midst of a busy summer and is not lacking in motivation to get back to the top.

Following his crash at the third stop of the Freeride World Tour in Fieberbrunn, Austria, Jérémie had to have surgery on his ankle. Everything went fine, and is now coming back via physical therapy at the hospital in Martigny and through working out in the mountains. He is getting back in shape, and feels extra motivated to get back out onto the steep stuff in the alps!

A Tenure at FC Sion

At the same time, Jérémie Heitz was contacted by Christian Constantin to lead a “mental coaching” session for FC Sion’s Football team, just before the Swiss Championship Final. This was something he very much enjoyed! “I found that the players were very receptive. I wanted to show them that our sports are in fact very different. They’ve been surrounded from a very young age, whereas we have to do everything ourselves, often times alone. We don’t have a comfort zone.” This exchange with other athletes was a very positive experience.

Private Life

To keep his mind occupied with other things for next season, Jérémie has jumped into construction! It is in the Marécottes region of Switzerland that he is currently building a house that will allow him to focus on his spot and to recharge his batteries between each project.

Media contact :

Swiss Talent Project

Virginie Ducrot Geinoz

virginie@swisstalentproject.com

079 602 69 57

Jérémie Heitz

| | |
|-----------------|----------------------------------------------------------------------------------------------------------------|
| Date of Birth: | 28.09.1989 |
| Home spot : | Les Marécottes (Valais) |
| Main sponsors : | Mammut, Red Bull, Scott, Audi |
| Highlights : | 3 ^e final ranking Freeride World Tour 2014 2 ^e final ranking Freeride World Tour 2015 |
| « La Liste » | Movie : Redefining steep skiig |

www.jeremieheitz.com

