

CASEY EICHFELD

ACA Athlete Questionnaire

Age: 28

Discipline: Slalom

Event: C1

From: Charlotte, NC

Learn about Casey:

Q: When did you first start paddling?
A: Shortly after birth.

Q: What is your favorite thing about paddling?
A: The intricacy of slalom and the whitewater. I love finding the fastest and smoothest lines on the course and on the river.

Q:What is your best result? When and where?
A: 1th-Beijing, 14th-London, and 7th Rio Olympics/3rd-2016 Tacen World Cup/4th-2015 London World Championships

Q: What are your goals in this sport?
A: Regular Podium Finishes and Olympic Gold

Q: What are your goals outside of the sport? Professional & or personal:
A:To help rebuild the sport of canoe slalom, and to strengthen development. It isn't always about what the sport can do for you. Giving back is a must.

Q: Who is your biggest role model?
A: Jon Lugbill was the household name in my family, but it has grown to include all who give back.



Q: Where is your favorite place to paddle?
A: I love the race venues and the towns of Tacen, Slovenia; Ivrea, Italy; Sydney, Australia



Q:What are your hobbies?
A:I love river running, practicing on my ukulele, and spending as much time with my wife and pup as I can!

Q: What do you think paddling has taught you?
A:Respect, acceptance, work ethic.

Q:What advice would you give to aspiring athletes?
A: Enjoy the ride and go with the flow. Travel, training, and racing are an education about the world and yourself that you can't find by keeping too close to your front door.

Q: If you could have a super power, what would it be?
A: The ability to instantly summon food. I tend to eat a lot, and sharing is caring!



Q: Any other things you would like to say about yourself or paddling?
A: Paddling has made me the man I am. The community, not only slalom, has molded me. I have made lifelong friends that show me the lines of the river and of life. Our community has seen greatness, shared deep sadness, and continually come together in our common love of the water. Honestly, it is an extended family. After all, I have been calling Keech and Ann LeClair Grandma and Grandpa for as long as I can remember.

