

Alessia Laager

Lives in	Samedan and Lantsch/Lenz
Date of birth	6 January 2005
Squad	Swiss-Ski C squad, biathlon
Career	2011 - 2017 Samedan primary school 2019 - 2024 Grammar school, Academia Engiadina 2025 Magglingen recruit school for elite athletes Since 2025 Training as a specialist in customs and border security
Free time	Going to the mountains, baking, meeting friends and spending time with our family dog
Languages	German, Italian, Romansh, English, French
Ski club	SC Gardes-Frontière, Piz Ot Samedan
Instagram	@alessia.laager

Biography

I grew up in the Upper Engadine region and was already involved in winter sports as a child. While at primary school, I went to the cross-country skiing group every Wednesday afternoon in winter. However, I preferred to spend my weekends on the ski slopes. I spent most of my free time in the summer sailing on Lake St Moritz and doing everything that goes with it.

When I moved to secondary school, I discovered my love for endurance sports while jogging with friends. It was also around this time that I got into biathlon, through a summer fun race involving shooting and jogging. Even then, the unique combination of endurance and precision fascinated me. I then began training specifically with the Stützpunkt Engadin Nordic and the Biathlon Stützpunkt Ostschweiz, among others.

In the years that followed, I celebrated my first successes in the youth category. I was Swiss champion six times, competed in four Youth World Championships and was runner-up in the Youth World Championships in 2023. I also finished in the top 20 in the IBU Cup in my first season in the junior category.



Achievements

Best achievements

IBU Junior Cup

- 17th place sprint (Martell 2021)
- 27th place sprint (Martell 2022)
- 14th place sprint (Martell 2022)
- 8th place individual (Obertilliach 2022)
- 9th place sprint (Obertilliach 2022)
- 9th place sprint (Pokljuka 2023)
- 8th place individual (Pokljuka 2023)
- 9th place sprint (Ridnaun 2023)
- 12th place sprint (Jakuszyce 2024)
- 6th place sprint (Jakuszyce 2024)
- 16th place individual (Jakuszyce 2025)

IBU Cup

- 31st place sprint (Idre Fjäll 2024)
- 20th place sprint (Idre Fjäll 2024)
- 31st place pursuit (Idre Fjäll 2024)
- 32nd place sprint (Geilo 2024)
- 39th place sprint (Obertilliach 2025)

Junior European Championships

- 5th place sprint (Jakuszyce 2024)
- 13th place mass start (Jakuszyce 2024)
- 15th place individual (Altenberg 2025)

EYOF (European Olympic Youth Festival)

- 13th place sprint (Forni Avoltri 2022)
- 9th place individual (Forni Avoltri 2022)

Youth World Championships

- 26th place pursuit (Obertilliach 2021)
- 23rd place individual (Soldier Hollow 2022)
- 12th place sprint (Soldier Hollow 2022)
- 18th place pursuit (Soldier Hollow 2022)
- 2nd place individual (Shchuchinsk 2023)
- 25th place sprint (Shchuchinsk 2023)
- 9th place pursuit (Shchuchinsk 2023)
- 13th place sprint (Otepää 2024)
- 17th place mass start (Otepää 2024)
- 38th place mass start (Östersund 2025)

Swiss Championships

- 1st place individual (Realp 2020)
- 2nd place sprint (Realp 2021)
- 1st place mass start (Realp 2021)
- 1st place sprint (Realp 2022)
- 1st place mass start (Realp 2022)
- 1st place sprint (Goms 2023)
- 1st place sprint (Goms 2024)
- 1st place mass start (Goms 2024)
- 1st place mass start (Goms 2025)