Press release

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A Mindset Beyond Limits: Tate Frantz on Resilience, Team Spirit and the Pursuit of Success

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For American ski jumper Tate Frantz, ski jumping is a sport built on dedication, resilience and the constant pursuit of progress. As he prepares for the new season with the fischer Group of Companies and Fischer Sports, he becomes part of the new red ski identity. Tate Frantz reflects on his journey in elite sport, the challenges he has overcome and the mindset that keeps him moving forward. From his ambitions of reaching his first World Cup podium to his excitement about returning to ski flying, he shares his perspective on what it takes to keep pushing boundaries and pursuing success.

The new ski jumping season is just around the corner. How are you feeling about the start of the season? How have your preparations gone, and what are you particularly looking forward to in the coming months?

I'm, of course, extremely, extremely excited about starting the new season. I feel that the summer's gone quite well. I've had a lot of fun, and it's been really productive. And now I feel like the jumping's been better and better in the last weeks and in the last months. So, I'm looking forward to seeing how I, of course, stack up against to everyone else and I'm really, really looking forward to hopefully building the confidence and having good results

towards World Champs and also getting back on ski flying hills.I think it’s going to be one of the highlights for me – for sure.

You’re heading into a new season with the fischer team and will also be competing under a new shared identity: the red ski. At the same time, fischer and Fischer Sports are moving even closer together. How do you view this development, and what does it mean to you to be part of this international team?

I'm super excited for this new team, the red ski, the new identity. Obviously, a bunch of different athletes from different countries kind of all under one big umbrella with fischer and Fischer Sports, working super, super closely. So, I think that for the sport as a whole, of course, this is a really big deal and it’s going to be a really good investment on both ends, I hope. And for me personally, it's super exciting that fischer has, I guess, both fischer and Fischer Sports have taken a leap of faith, in a sense, and invited me to the team. And I look forward to representing both fischer and Fischer Sports in the coming season or the coming two seasons at least. And I think it's going to be really fun to kind of get to share that part with the world and get to sort of develop this new partnership.

What does being a ski jumper mean to you personally? What fascinates you about this sport, and what drives you to push yourself to your limits time and time again?

When it comes to passion and motivation, like, for me personally, being a ski jumper is obviously sort of my whole identity, in a sense, and something that I've grown up withmy whole life. And obviously, the main thing that fascinates me is, of course, the flying part, but I think what kind of keeps me coming back is the ability to spend so many months and hours and years kind of working towards one idea, one big picture and one goal. And then, when you're achieving that or even feeling and noticing a

small change, that feeling is so wonderful. And it kind of keeps you coming back and wanting to sort of push yourself time and time again. When you get that taste of success, it's hard to say no to. And in addition, I really, really enjoy the sort of structure and everything that sort of comes along with top sport.

Anyone who wants to succeed in ski jumping must be able to cope not only with successes but also with setbacks. How do you manage that? Is there an experience in your career, from which you have learnt a great deal?

Yeah, setbacks and everything, of course, are quite prominent not only in ski jumping but also in every other sport. In ski jumping, of course, there's the injury side of things, but then there's also the fact that it's such a marginal sport, where one small change or one small error can make such a huge difference and can kind of take you from the top ten to the bottom ten in the snap of a finger. And I think that it's really important, and something I practise a lot, to sort of take each day and each jump a bit with a grain of salt and not try to get too invested in one particular result or one particular day or feeling, because it's quite easy to sort of have that negative snowball keep rolling and sort of drag yourself down and become more and more negative. And in the last summer and last year, I've struggled quite a bit with sort of some injuries in my foot, a stress reaction in my heel, along with overtraining syndrome. And so, I was managing this for many months in the summer, and it's something I'm still dealing with a little bit. And so, that's definitely a bit of a setback. And somewhere along the way, I had to take a step back from sport and meet with a team and come up with a plan and try to figure out the best way to continue to pursue what I want to do in the smartest way possible. So, I think that just being smart is really important, to not be putting all your eggs in one basket when it comes to training or competitions.

A typical competition day is characterised by fixed routines and intense concentration. Do you have any specific routines or rituals that give you a sense of security before the jump? And what is one thing you absolutely cannot do without on a competition day?

Yeah, when it comes to the routines and concentration behind jumps and competitions, I'm definitely someone who likes to stick to routines and certain feelings. And I think that gives me a sense of competence in what I do and a trust in myself. And so, I think that it's quite common to sort of do the same warm-up routine, of course, before a jump and things like that and kind of have a little bit of a checklist you go over before the jump or before you're leaving the cabin. Of course, I have some stuff like that. But I think for me as well, it's really important to just kind of feel positive and feel really good. So, I really enjoy when we're playing volleyball for warm-up and just having a nice, light vibe in the team. And one thing for me I definitely can't do without is a pre-competition shower. I like a nice, long, warm shower, relaxed, feel fresh, feel clean, and go to the hill ready for competition. It's something I do, no matter what time the competition is at.

As well as individual performance, teamwork also plays an important role. How do you experience the team spirit within the international fischer team? What can you learn from the other athletes, and what do you yourself bring to the team?

That team spirit in this international team is, of course, a big part as well. It's only been the first few weeks of this partnership, so I haven't gotten to spend too much time around everyone jumping on the red skis, but at least when we had this media day**,** it was a really fun vibe. I have people that I'm quite close with, as well as people that I'm not as close with, so it's fun to get to know everyone. Although we're all from different countries, now we

have something in common and are there to chat. I think among the other athletes, there are younger athletes, there are older athletes, there are less experienced ones, etcetera. And so, everyone can look around and learn from each other and figure out what other people are doing and maybe find something that works for themselves. And I think I personally bring good social skills and a positive vibe to the team. An American who's good at talking, I guess. And I think that it’s important to keep the social butterfly going a little bit.

Finally, a look ahead: what personal goals are you taking into the new season? And at the end of the winter, what would you look for to determine whether it was a successful season for you?

One of my goals and expectations for this season, of course, is that I have big goals, and I don't have a ton of goals that have a specific number tied to them because you really have to see where you're at when you're starting the season. But for me, for sure, the first World Cup podium is something that's been sort of in my sights in the last years, and that's probably the biggest goal for me, as well as I'm really looking forward to hopefully getting a chance on some ski flying hills and getting a chance to set a new personal record. 31 and a half, and that's been the case for the last year and a half. So, I'm ready to smoke that one and fly for earthers. I'm really excited for ski flying. But when it comes to looking back at the end of March or early April and determining if it was a good, successful season for me, obviously, if you're reaching some of the certain results, then that's a marker of success, getting enough World Cup points to satisfy yourself. But I think, in general, feeling that I've done everything that I could do to put myself in the best possible situation for success, whether that's at training each day or being in the right mindset for each competition, the right preparations, etcetera. Just feeling like I gave it my all. What happens, happens at the

end of the day, but if I feel like there's something left out there, then I think that's a bit of a disappointment. So, I'm ready to give it my all.

Captions:

Images:
Tate Frantz

Image: fischer

fischer Group of Companies

The fischer Group, based in Waldachtal in the northern Black Forest, achieved a turnover of 1.05 billion euros in 2025 with around 4,800 employees worldwide. The family-owned company has 53 operating subsidiaries worldwide and exports to around 120 countries. It comprises four business divisions: fischer Fastening Systems, fischertechnik, fischer Consulting and fischer Electronic Solutions.

fischer Fastening Systems is the technological market leader in key areas of fastening technology. fischer offers products of technical excellence to a wide range of customers, from DIY enthusiasts and tradespeople to key account partners.

fischertechnik is active in both the toy and education sectors with its construction kits. As one of only a few toy manufacturers, fischertechnik develops and manufactures its products predominantly in Germany.

fischer Consulting grew out of the expertise developed within the company itself. It is home to the fischer Process System, the core principle of which is continuous improvement. The fischer Process System is always guided by the benefits for the customer. fischer Consulting advises medium-sized enterprises, public authorities and large corporations on their journey towards lean and efficient processes.

fischer Electronic Solutions develops and manufactures bespoke electronic solutions for industry and the medical sector. Long-term partnerships and high-quality, tailor-made solutions are the company's guiding principles. As an innovation partner, fischer Electronic Solutions breaks new ground with its customers towards a successful shared future.

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