



## Official Song of the Swiss Olympic Team Vancouver 2010

### “The time is now”

(Lyrics: Kathrin „Ka“ Lehmann, Composer: Paul Etterlin)

Munic / Zurich /Vancouver, 24<sup>th</sup> January/ 10<sup>th</sup> February 2010 – The Winter Olympic Games take place in Canada. The games are the highlight of the sporting year, but also with a musical emphasis: Thanks to Kathrin „Ka“ Lehmann, Captain of the Swiss Women’s Ice Hockey Team, who have qualified for Vancouver. Ka Lehmann wrote, produced and sang one of the solo voices for the official song of the Swiss Olympic Team Vancouver 2010. The backing vocals in „The time is now“ are sung by other members of the Swiss Women’s Ice Hockey Team.

When Ka Lehmann informed Swiss Olympic about her unusual project, shortly before Christmas in 2009, the „information“ session turned into teamwork. „It wasn’t just the song, but the whole story surrounding the song that really appealed to us. An athlete writes a song, takes responsibility for the production with panache brings her team on board, and the result is really transporting. It is almost impossible to imagine a better perfect story for our Olympic Delegation: Creativity, Courage, Passion, team“, explains Dany Gehrig, Head of Marketing for Swiss Olympic, why Swiss Olympic is doing all it can to ensure that the song has the optimal journey to Vancouver.

#### 1. History of “The Time is now”

„My former trainer from the National Ice Hockey Team asked me a few months ago which music I listen to before a game to mentally prepare for it. My answer was that unfortunately there was no music like this for me. Either the rhythm or the text were always wrong. He responded that I should write a text myself, since through having studied Germanistic as a Columnist I am good with words. He told me he knows a singer he could introduce me to. Karin Meier - KAJA Music - is the mother of a girl and a boy who play in the same ice hockey club as the children of my former trainer. Being crazy and adventurous, I began to think about it. At the end of June 2009 I met with the singer. I myself am not completely unmusical; I played flute for 14 years and was in a saxophone quartett for five years. I also completed the “Musikmatura” in Highschool. I was very excited about this musical adventure, particular as I know that writing about feelings and descriptions of extreme situations is a strength of mine. Because of this I willingly took on the challenge, to put my words in a composition. After that things happened pretty quickly!“

In June 2009 the idea came into being, and by the end of the month the first meeting with the singer. At the end of July the swiss-german text was complete. At the beginning of September the composition complete, in October production begin and the text was translated, and at the beginning of November 2009 we recorded. In January 2010 we completed the finishing touches.

#### 2. Content of “The time is now”

Kathrin Lehmann „The Song tells the story of that famous Day X. How one prepares and looks forward to finally meeting the challenge - to see if it was worth all the practise, all the training. The challenge could be a performance, a concert or even an ice hockey game! The text describes the joy involved in facing a challenge but also challenge of shaking your fears: the panic that you might mess up in the deciding moment can take over and you feel alone. After an instrumental section comes the call “The time is now“ straight to the heart, giving you back your courage and self-confidence. Anyone who confronts a challenge with passion will master it, and see that they are not alone, but rather that not only the heart, but also all their friends and the team are there for you in the defining moments.”



Ka Lehmann tells a story with her text that many people have experienced or are experiencing. She herself, in her extraordinary sporting career spanning the last 15 years, has fought in many important games – and has also faced and conquered many challenges away from the ice, with the successful completion of her university degree.

Kathrin Lehmann „The song, which has the rhythm of a rock-hymn, should motivate and excite. It should accompany one through difficult times and inspire one to believe, that with Courage and Passion every challenge can be mastered, and at the same time can be fun. When someone is well prepared, they will have success, and conquer their challenge.

### **3. Facts to „The time is now“**

Title: the time is now (Urtext: s isch Zit)

Duration: 3min 58 s

Lyrics: Kathrin Lehmann

Composer: Paul Etterlin

Producer: Bernie Staub, Avalon – Music

Singer: Kathrin Lehmann, Karin Meier KAJA Music

Background-Choir: Swiss women´s ice hockey nationalteam

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### **4. Statements to “The time is now”**

#### **Kathrin „Ka“ Lehmann (Songwriter, Singer, executive producer)**

„A spontaneous idea became reality. At my first meeting with Karin Meier – KAJA Music – it was immediately clear to me that this would be an exciting and interesting project. Karin and I are both women with a lot of drive, and we love crazy ideas. Then everything happened very quickly. I am happy to have gotten to know Karin, and through her the composer Paul Etterlin and the producer Bernie Staub. Karin is really responsible for the fact that I sing one of the leadvocal lines. She gave me courage to take the microphone and sing into it. We had a lot of fun in creating the song, during the numerous „telephone-concerts“, as we rehearsed with Karin in Sarmenstorf (Switzerland) and me in Stockholm(Sweden) via the telephone. While we were recording the line „ We are a team“ I had the idea to ask my team-members if they would be interested in taking part in the song as background choir. I was so happy when they all immediately said yes. I can hardly wait until we have the opportunity to perform it together as a team.“

#### **Karin Meier (Singer) [www.kajamusic.ch](http://www.kajamusic.ch)**

„It is always interesting to sing together with somebody who is not at home in the music-world or the recording studio. Completely different aspects come to the fore, and I often had to answer questions such as: „why are you doing it like that?“ Ka and I harmonised well together right from the beginning, we speak the same language - even when Kathrin speaks Zurich-German and I Walliser-German. We had a lot of fun, which I think you can hear in the song. The players were also a great choir. When I felt the atmosphere that the team brought to the recording studio, I found myself wishing that I too could be a member of such a team. I am proud that I was able to perform this song with Ka and the women´s team , and through this am a small part of this fabulous team. And obviously I am going to be one of their biggest fans when they play at the Olympics!“



**Paul Etterlin (Komponist) ([www.pauletterlin.com](http://www.pauletterlin.com))**

“I composed songs for Karin Meier’s new album. She came up to me with the idea of Ka’s project. I was immediately excited and motivated, especially because as a sportfan I was familiar with the name Ka Lehmann. It was clear to me that for such a strong and powerful woman like Ka and her Team I needed an equal powerful song. I believe that with the up beat and the rocking riffs I did a good job putting into words what Ka Lehmann and the Swiss womens national team represent and also get them ready for their competition.”

**Bernie Staub, Avalon-Music.ch (Produzent)**

“It is an exciting and unusual project. I realized quickly that Ka Lehmann was driven by passion and curiosity. I also realized that hockey players are teamplayers and are used to listen to their coaches instructions and put these instructions into action. It was a pleasure to work with these women and to hear their characteristic voices. Kathrin Lehmann was led by Karin Meiers voice and so she became braver from time to time. Great teamwork that resulted in a great song.”

**Gian Gilli (Head of Mission Sport, Swiss Olympic Team Vancouver 2010)**

„Good music touches deep. Many athletes use music to get into the perfect competition mood. When we heard the song we were absolutely ecstatic. The text and the rythm are perfect for the Swiss Olympic Team 2010. It is unique that the song was made by athletes. We all need courage, passion and energy in Vancouver. This song will support us to reach our high set goals. I am looking forward to it.”

**René Kammerer (Headcoach Women´s ice hockey National Team)**

“What can I say? A great song, a pefect text, a beautiful choir, a great team. It was nice to see that everyone took part in this project. I was only familiar with Ka’s singing talent because of the national anthem. Now we have the right song for our hopefully successful way to and in Vancouver.”

**Christine Meier (Swiss Ice Hockey Women 2009, Assistant-Captain)**

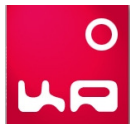
“I was excited when Ka Lehmann first introduced us to her song, also to be a part of it. I like the song because the lyrics describe so many moments that I experienced with the national team. I also like the upbeat of the song. I am excited that we could perform the song as a team. Of course I was a little bit nervous when we got to the studio. But it was just like in an important game; the nervousness became less as the time went on.”

**Anja Stiefel (player of the National Team)**

“Ka Lehmann is known for her crazy ideas and also that she puts her words into action. I don’t think anyone was prepared for this song, That is also why it is even more exciting that we are all part of this project. I like the song, it motivates me and it rocks.”

**Mel Häfliger (player of the National Team)**

“It was the first time we were in a studio like it. But we were not new to the singing and rocking part, as we do that in the lockerroom too – just without the microphone which is a plus. It was definitely not a question that we would be part of the song. The song means very much to me personally. I can relate to the lyrics. After my bad ACL injury in January 2009, I pretty much lived the story that is being talked about in this song. I went through ups and downs, but I could always rely on my teammates who supported me at all times. And now we will be rocking in Vancouver.”



## 5. Biografie Kathrin „Ka“ Lehmann

Kathrin Lehmann started to play ice hockey at the age of 5. At 14,5 years of age she received her first invitation from the national team. She has represented Switzerland in over 185 games since then. Ka Lehmann is also very successful with her clubteams as she has won three german and two swedish national titles as well as the Europacup. Ka is captain of the Swiss Women's National Team since 2007.

Ka Lehmann also had a successful soccer career as a pro which lasted 10 years. She is the only woman to ever win the Europacup for both her hockey and her soccer team.

Ka has a masters in german literature studies, plays the flute and saxophone. Kathrin Lehmann has her own, international girls soccer camps as well as her own women's hockey camp. She also organizes the Ka'Cup.com.

Lehmann keeps busy being booked by companies to do speeches and incentive sessions.

Before "The time is now" Ka has never been in a recording studio – but ever since she has Tschutti (a golden retriever) she has been to many dogparks.

Kathrin Lehmann was born on February 27th, 1980 in Zurich.

[www.kathrinlehmann.com](http://www.kathrinlehmann.com)

## 6. Biographie Karin Meier

Karin Meier was born in Brig-Glis in the beautiful canton of Wallis. She has lived in Sarmenstorf (AG) with her family for many years now. Even as a young girl she has sung in small bands and was not shy to perform live in front of crowds.

At the age of 39 she started a 4 year long vocal training which opened many doors for her. She led many events successful and worked her way up to a role in the musical hair in Luzern.

In February 2007 she brought her first album "Röichzeichu" under the label KAJA Music on the market. The lyrics are written in Karin's native language swiss german. In spring 2010 she will introduce her new album "365 taeg" to the public.

Karin Meier was born on September 25<sup>th</sup>, 1963 in Brig-Gils VS.

[www.kajamusic.ch](http://www.kajamusic.ch)



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**!!!! Olympic rules!!!!**

**Starting the 10th of February 2010 until the end of the Games all questions has to go directly and only to Philipp Steiner (Teammanager Swiss Women's National Team)**

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After the Olympics all questions again to PI creative. Thank you!