

ATHLETE PROFILE

Name: Tamzin Christoffel

DOB: 09/06/2001

Club: One Taekwondo

Career Highlight: Double gold in Tahiti (Presidents Cup and Oceania Championships)

Weight Division: -49kg

ABOUT YOURSELF:

I loved the sparring side of taekwondo since I started the sport as a young girl. I entered almost every competition, including nationals, as a colour belt. 2018 was a year in which I started to enter the senior ranks at the age of 17 after a few years as a junior, representing Australia. It was a productive year when I competed in several international and national events, including the Oceania Championships and President's Cup. My immediate aim is to build confidence and experience. I do not yet see myself as a well-established athlete. That being said, I am very excited about my success as an athlete in the future as well. I train daily (6 days a week) and attend 2 strength and conditioning sessions at the QLD Academy of Sports under the P4G program (Prospecting For Gold). I would love to position myself for the World Championships and the 2020 Olympics, but it all depends on my performance. That's why I'll keep working closely with my coaches.

WHEN DID YOU START TAEKWONDO AND WHY:

I started Taekwondo when I was 7 years old at my local PCYC. I was randomly watching TV one day when a cartoon of these ninjas doing kicks came on. After watching it I was attempting to do the kicks they did in my backyard and my parents decided to put me in Taekwondo to see how I'd go, and I've loved it ever since. My parents also thought that Taekwondo would help my confidence as I am very passive and help me stand up to being bullied.

OTHER SPORTS PLAYED:

I used to play soccer, netball and volleyball.

AMBITION:

My ambition is to get an Olympic Gold, I'd also love to medal at a World Championships and/or Grand Prix tournaments and make my family proud. I'd

also love to start my own club when I'm older and teach taekwondo to kids with special needs.

WHAT IS GREAT ABOUT TAEKWONDO:

Taekwondo is a great sport as it targets many different aspects of growth in different people. It improves self-confidence, self-esteem, physical and mental strength, social activity and is a great stress reliever. Taekwondo also works to make a person more motivated and dedicated, not only to Taekwondo but in other aspects of life like school or work. Taekwondo also helps your focus, improves discipline and allows any type of person to participate, leaving absolutely no one out. Ultimately, all these aspects are rarely found together in one sport, which makes Taekwondo unique in many aspects – but its rarity makes it such a great sport.

SOMETHING YOU DIDN'T KNOW ABOUT ME:

I am a child of deaf parents meaning sign language is my first language, I have to do a lot of interpreting for them in many different social situations.

SOCIAL MEDIA LINKS (e.g. your Instagram/facebook etc):

Instagram: tamzin.christoffel

Facebook: Tamzin Christoffel

TOP 5 CAREER RESULTS -

1. Presidents Cup - GOLD
2. Oceania Championships – GOLD
3. Senior Selections – GOLD
4. Junior Selections – GOLD
5. Participating at the Junior World Championships