

ATHLETE PROFILE

Name: Tayla Nolte

DOB: 13/05/2000

Club: City West Taekwondo

Career Highlight:

Defeating the World Ranked Number 22 and becoming National Champion in 2018

Weight Division: Under 62kg

ABOUT YOURSELF:

This year I made the decision to take my training to the next level and move to Melbourne to train at the Victorian Institute of Sport and the High Performance Hub.

I believe this move will be beneficial in giving me more confidence and help me mature into an independent, well rounded young woman. It will also help to improve my fighting style.

I am fortunate enough to be surrounded by very supportive people which include my training partners, coaches, friends and most importantly my family.

I have recently been accepted into Victoria University and will be studying a Bachelor of Exercise Science which I am very excited about.

Although this move was very daunting to begin with, I now feel relaxed and that I am in the right place with the best opportunity to become the best person I can be in and out of sport.

WHEN DID YOU START TAEKWONDO AND WHY:

I started Taekwondo at the age of 5 with my Dad and Sister. When I was 9, I started competing in Tournaments in both Poomsae and Sparring. I found I enjoyed the competition and the friendships that I was making. I have maintained my passion for taekwondo and hope to continue for many years.

OTHER SPORTS PLAYED:

European handball and Gaelic football

AMBITION:

My ambition is to constantly improve

WHAT IS GREAT ABOUT TAEKWONDO:

I like that Taekwondo is an even playing field with everything being electronic. I believe it is becoming more professional with more opportunities given to athletes to improve. I enjoy the competitiveness and the discipline of the sport along with the mateship. It has also provided me with an opportunity to travel and make

friends with people who are like minded from different countries and to experience different cultures.

SOMETHING YOU DIDN'T KNOW ABOUT ME:

I used to do Jazz, Tap and Ballet

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

Instagram: <https://www.instagram.com/taylanoltetkd/>

Facebook: Tayla Nolte

TOP 5 CAREER RESULTS -

Silver medallist – 6th Commonwealth Taekwondo Championships In Edinburgh, Scotland in 2014

Represented Australia at World Taekwondo Junior Championships in Burnaby, Canada in 2016

National Champion 6 times