

General Information

Country:	GER
Gender:	F
Handedness:	Right-handed
Date of birth:	1989-07-22
License:	22071989000

Further Personal Information

Residence	Cologne, GER
Occupation	Athlete
Languages	English, German
Higher education	Business Administration - University of Cologne: Germany

Sport Specific Information

Club / Team	TSV Bayer Dormagen: Germany
Name of coach	Olaf Kawald [club, national]
Handedness	Right

General Interest

Most influential person in career	Her parents. (redstormsports.com, 2012)
Sporting philosophy / motto	"Sport should be enjoyed. That means you shouldn't overdo it and you shouldn't do it to impress or please others. It's about myself and my wellbeing." (sportstadt-duesseldorf.de, 21 Nov 2020)
Famous relatives	Her older brother Nicolas has represented Germany in fencing. He won gold in team sabre at the 2014 World Championships in Kazan, Russian Federation. (SportsDeskOnline, 29 Jun 2019; fechten.org, 26 Jun 2013)
Ambitions	To compete at the 2020 Olympic Games in Tokyo. (comco-leasing.de, 19 Jan 2021; sportstadt-duesseldorf.de, 21 Nov 2020)
Other information	<p>EXERCISE AMBASSADOR She acts as an ambassador for 'The Daily Mile' scheme in Germany, which encourages people to get fit by running or walking every day. She also advocates for employers to arrange fitness activities for staff, or allow them flexibility to exercise at work. "It has been proven for years that 15 minutes of exercise a day can have a positive effect, but very few of us do it. It is often difficult to integrate that into everyday life, even though we are only talking about 15 minutes and we know what the consequences of inactivity are for us in the long-term. Initiatives like The Daily Mile are needed to remind and motivate us. That way social norms can change and form better habits." (sportstadt-duesseldorf.de, 21 Nov 2020)</p> <p>OTHER ACTIVITIES In 2017 she was elected as an athletes' representative to the European Fencing Confederation. (fechten.org, 20 Jun 2017; wdr.de, 20 Jun 2017)</p> <p>US STUDY STINT Between 2010 and 2012 she studied marketing at St. John's University in New York, NY, United States of America. (redstormsports.com, 01 Jan 2012)</p>