

General Information

Country:	RUS
Gender:	F
Handedness:	Right-handed
Date of birth:	1990-03-21
License:	21031990000

Further Personal Information

Family	Husband Artyom Danilov
Residence	Ufa, RUS
Occupation	Armed Forces Athlete
Languages	English, Russian
Higher education	Coaching, Teaching - Ural State University of Physical Education: Ufa, RUS

Sport Specific Information

When and where did you begin this sport?	She began fencing in 1998 in Ufa, Russian Federation.
Why this sport?	She followed her older brother into the sport.
Club / Team	Central Sports Army Club [RUS] / Ufa Fencing Sports School of Olympic Reserve [RUS]:
Name of coach	Lira Grushina [personal], RUS; Yana Ruzavina, RUS
Handedness	Right

General Interest

Nicknames	Nastyia, Nastena (VK profile, 05 Apr 2022; sport-express.ru, 31 Jul 2021)
Hobbies	Alpine skiing, spending time with family and friends. (Athlete, 08 Jun 2019)
Most influential person in career	Her parents. (Athlete, 09 Jul 2014)
Hero / Idol	US swimmer Michael Phelps. (Athlete, 09 Jul 2014)
Sporting philosophy / motto	"If you have a dream, go for it. Through blood, sweat and tears." (Athlete, 08 Jun 2019)
Awards and honours	In December 2019 she received the title of Honoured Master of Sport in the Russian Federation. (minsport.gov.ru, 03 Dec 2019)
Famous relatives	Her father and her older brother have worked as fencing coaches. (Athlete, 09 Jul 2014)
Ambitions	To win gold medals at the world championships, European championships and Olympic Games. (Athlete, 08 Jun 2019)