



General Information

Country:	RUS
Gender:	F
Handedness:	Left-handed
Date of birth:	1993-12-20
License:	20121993003

Further Personal Information

Residence	Khimki, RUS
Occupation	Athlete
Languages	English, Russian
Higher education	Coaching - Smolensk State Academy of Physical Education, Sport and Tourism: Russia

Sport Specific Information

When and where did you begin this sport?	She began fencing at age 11 in Moscow, Russian Federation.
Why this sport?	She became interested in the sport when coach Sergey Semin came to her school and showed the students gold medals that his athletes had won. However, she almost quit fencing immediately when she realised how much training she would have to do. "My mother said to me, 'You never finish anything, you run away at the first problem'. I got really angry and decided to remain in the sport to spite her."
Club / Team	Central Sports Army Club [RUS] / Khimki Fencing Sports School of Olympic Reserve [RUS]:
Name of coach	Christian Bauer [national], FRA; Sergey Semin [personal], RUS; Elena Zhemaeva [personal], RUS
Training Regime	She has training sessions twice a day, with each lasting up to four hours.
Handedness	Left

General Interest

Hobbies	Music, singing, pets, helping stray animals, driving. (portal-kultura.ru, 24 Apr 2019; sport-express.ru, 03 Aug 2018; snccmedia.ru, 01 Jun 2018)
Memorable sporting achievement	Winning two gold medals at the 2016 Olympic Games in Rio de Janeiro. (gazeta.ru, 18 Feb 2017)
Most influential person in career	Coach Sergey Semin. (Athlete, 07 Mar 2016)
Injuries	She damaged foot ligaments and injured her shoulder ahead of the 2018 World Championships. The injuries affected her performance at the competition in Wuxi, People's Republic of China. (sport-express.ru, 03 Aug 2018)
Awards and honours	<p>In 2016 she was named Best Sportswoman of the Russian Federation at the Pride of Russia awards ceremony. (cska.ru, 14 Dec 2016)</p> <p>She received the Order of Honour from the president of the Russian Federation in recognition of the two gold medals she won at the 2016 Olympic Games in Rio de Janeiro. (kremlin.ru, 25 Aug 2016)</p> <p>She has received the title of Honoured Master of Sport in the Russian Federation. (rusfencing.ru, 24 May 2019; minsport.gov.ru, 24 Dec 2018)</p>
Ambitions	To win gold at the 2020 Olympic Games in Tokyo. (sport-express.ru, 03 Aug 2018)
Other information	<p>FUTURE</p> <p>She has considered retiring from the sport following the 2020 Olympic Games in Tokyo in order to pursue other goals and ambitions. "I need to build a family and future. I often tell people that I am not an athlete who is completely immersed in the training or competition process. I live so vividly, openly, and with such versatility that if I had not been Olympic champion, I would probably have become a singer or an actress with an Oscar. Maybe it sounds arrogant, but I know that if it were not in this sphere, I would have achieved something in another. I see myself as a singer, an actress, a photographer, or even a champion in another sport. I am always on the move, and I don't need anyone's permission or approval to do something completely new. I am my own mistress, I decide everything for myself." (sport-express.ru, 03 Aug 2018; snccmedia.ru, 01 Jun 2018)</p>