

## General Information

Country:	EST
Gender:	F
Height:	180
Weight:	70
Handedness:	Right-handed
Date of birth:	1985-11-16
Education:	secondari
Profession:	nurse
License:	16111985000

## Further Personal Information

Family	Husband Martin, daughter Lauren [2020]
Occupation	Athlete
Languages	English, Estonian

## Sport Specific Information

When and where did you begin this sport?	She began fencing at age six.
Why this sport?	"I was six years old and in my last year of kindergarten. There was a girl, one or two years older than me, fencing in the yard. She called me over and said, 'It's cool and you can play too'. The beginning of that training also saved me from the kindergarten nap. I went straight to training from kindergarten and after that we walked home together. To be honest, at first I didn't know what I was doing. It only became clear later. I didn't understand why we had to chase each other with some kind of weapon, why we had to stab each other. Others hurt me, so I had to hurt them. The concept did not suit me at all. I also went and tried other sports - basketball, athletics, gymnastics. I went through almost every sport offered in Haapsalu [her hometown]. Only then did I realise that fencing was the most interesting sport."
Club / Team	Vehklemisklubi En Garde: Haapsalu, EST
Name of coach	Kaido Kaaberma [national], EST; Peeter Nelis, EST
Handedness	Right

## General Interest

Hobbies	Watching sport. (vorkpall24.ee, 29 Apr 2019)
Memorable sporting achievement	Winning bronze in team epee at the 2012 European Championships in Legnano, Italy. (laanesport.ee, 01 Mar 2020)
Most influential person in career	Her mother. (laanesport.ee, 01 Mar 2020)
Hero / Idol	Serbian long jumper Ivana Spanovic, US basketball players Russell Westbrook and Stephen Curry, Portuguese footballer Cristiano Ronaldo. (vorkpall24.ee, 29 Apr 2019)
Awards and honours	In 2013 and 2017 she was named as part of the Estonian Team of the Year. (laanlane.ee, 27 Dec 2017, 28 Dec 2013)  In 2014, 2016, and 2017 she was named Female Athlete of the Year in Laane, Estonia. (laanesport.ee, 01 Mar 2020)  She was named the 2016 Female Athlete of the Year in Saaremaa, Estonia. (saaremaasport.ee, 14 Jan 2017)
Other information	<b>GYMNASTICS</b> She spent eight years training in gymnastics as a youngster. "I was very mobile as a child. I liked to run, jump, climb, and tumble. I liked gymnastics. And I have thought in retrospect that gymnastics will be of immense benefit to any sports enthusiast. It develops coordination, flexibility, and everything else. Gymnastics has benefited my fencing in the sense that I was able to learn every new move more easily. I remember being the one who never had any problems with coordination exercises. But I probably wouldn't be good at gymnastics now because I grew too tall." (laanesport.ee, 01 Mar 2020)