

General Information

Country:	GRE
Gender:	F
Handedness:	Right-handed
Date of birth:	1997-03-14
License:	14031997002

Further Personal Information

Residence	Attiki, GRE
Occupation	Athlete
Languages	English, Greek

Sport Specific Information

When and where did you begin this sport?	She took up fencing at age 12 in Athens, Greece, where she joined the AEK club. She also tried tennis and gymnastics at school.
Why this sport?	She was persuaded to try the sport by Thanasis Delenikas, her future AEK and national team coach, who saw her potential when he gave a presentation on fencing to her school. "I can't say that I caught the fencing bug at a really young age, as fencing is a sport rooted in strategy and tactics, and that can be difficult for a child to grasp. What kept me going was the atmosphere and my coach, Thanasis, who always found ways for us to have a good time at training. Later on as I got to know the sport I became more and more intrigued, and then I really caught the fencing bug."
Club / Team	AO Ariston Paianias: Athens, GRE
Name of coach	Thanasis Delenikas [national]
Training Regime	She trains at the Olympic Stadium in Athens, Greece, with the national team. Her training hours can vary from five to eight hours per day depending on how close she is to a competition.
Handedness	Right

General Interest

Nicknames	Dora (Instagram profile, 14 May 2024)
Hobbies	Watching and playing volleyball, watching tennis, basketball and gymnastics. (blog.pbt fencing.com, 18 Feb 2021)
Memorable sporting achievement	Winning silver in individual sabre at the 2021 Grand Prix event in Orleans, France, and claiming bronze in individual sabre at the 2019 World Championships in Budapest, Hungary. (Instagram profile, 14 Nov 2021; maxmag.gr, 30 Aug 2019)
Superstitions / Rituals / Beliefs	"Before I take part in a competition I wear my lucky earrings." (blog.pbt fencing.com, 18 Feb 2021)
Sporting philosophy / motto	"You always need to go that extra mile. Only then can you be competitive." (bwincarees.gr, 17 May 2019)
Milestones	She became the first Greek fencer to win a world championship medal when she claimed bronze in individual sabre at the 2019 edition in Budapest, Hungary. (SportsDeskOnline, 19 Apr 2021; agonasport.com, 22 Jul 2019)
Ambitions	To compete at the 2024 Olympic Games in Paris. (Instagram profile, 14 May 2024; hoc.gr, 20 Mar 2024)