



General Information

Country:	USA
Gender:	F
Handedness:	Right-handed
Date of birth:	1982-03-30
Education:	STUDENT
License:	30031982000

Further Personal Information

Family	Husband Bradley Shelton, son Henry [2017]
Other names	Aleksandra Socha
Residence	United States
Occupation	Athlete
Languages	English, Polish
Higher education	Physical Education - Jozef Pilsudski University of Physical Education: Warsaw, POL

Sport Specific Information

When and where did you begin this sport?	She began taking foil lessons at age 11 in Pabianice, Poland. At age 17 she made the switch from foil to sabre.
Why this sport?	Her mother was a fencer, and Aleksandra was inspired to take up the sport after watching her compete on television.
Club / Team	Oregon Fencing Alliance : United States
Handedness	Right
Footedness	Ambidextrous

International Debut

Tournament	Word Cup
------------	----------

General Interest	
Nicknames	Ola (olasocha.pl, 07 May 2017)
Hobbies	Fitness. (Facebook page, 19 Jun 2019)
Memorable sporting achievement	Winning a gold medal at the 2004 European Championships in Copenhagen, Denmark, and competing at four consecutive editions of the Olympic Games between 2004 and 2016. (mjakmama24.pl, 01 May 2017)
Injuries	Before the 2012 Olympic Games in London she struggled with a prolapsed disc in her back. Since then she has had ongoing issues with her back. (przegladsportowy.pl, 08 Aug 2016)
Ambitions	To compete at the Olympic Games in 2020 and 2024. (magazynsportowiec.pl, 05 Mar 2019)
Other information	<p>NATIONALITY SWITCH She represented Poland at four consecutive editions of the Olympic Games between 2004 and 2016. In January 2019 she began competing for the United States of America. Her husband Bradley Shelton is a US citizen. "I did not receive support after my maternity break from the Polish team [she gave birth to Henry in 2017], which would have allowed me to return to the highest level and fight on the international stage. Further cooperation did not make sense. That's why I went to the US team. I love what I do, it's my life and passion." (sportowefakty.wp.pl, 06 Mar 2019; magazynsportowiec.pl, 05 Mar 2019)</p> <p>MATERNITY BREAK In January 2017 she announced she was expecting her first child, and gave birth to her son Henry in June 2017. She returned to training in November 2017 with the aim of competing at the 2018 World Championships in Wuxi, People's Republic of China. (onet.pl, 20 Nov 2017; mjakmama24.pl, 01 May 2017)</p> <p>COACHING She is a certified fencing coach and fitness instructor. (olasocha.pl, 21 Feb 2016)</p> <p>FURTHER EDUCATION She has a degree in international relations and diplomacy from Collegium Civitas in Warsaw, Poland. (olasocha.pl, 21 Feb 2016)</p>