

## General Information

Country:	SUI
Gender:	M
Handedness:	Right-handed
Date of birth:	1987-08-07
License:	07081987001

## Further Personal Information

Family	Wife Janique, sons Mael [2017] and Lou [2023], daughter Mahina [2020]
Residence	Kussnacht, SUI
Occupation	Athlete, Business Owner
Languages	English, French, German
Higher education	Sports Science - University of Basel: Switzerland

## Sport Specific Information

When and where did you begin this sport?	He began fencing at age five in Kussnacht, Switzerland.
Why this sport?	His older brother was already fencing. Max took up foil first, and then practised foil and epee until age 17. Since then he has focused mainly on epee.
Club / Team	Fechtgesellschaft Kussnacht: Switzerland
Handedness	Right

## General Interest

Nicknames	Heinzi, Maxe (maxheinzer.ch, 28 Jan 2013)
Hobbies	Fishing, gardening. (schweizer-illustrierte.ch, 20 Feb 2023; Instagram profile, 03 May 2024)
Most influential person in career	His family. (Athlete, 04 Oct 2011)
Injuries	<p>In March 2024 he sustained an adductor injury while competing at the World Cup event in Budapest, Hungary. He underwent surgery and missed the Olympic qualification tournament in Tbilisi, Georgia, later that month. (tagesanzeiger.ch, 24 Mar 2024; Instagram profile, 15 Mar 2024)</p> <p>In March 2023 he missed a World Cup event in Buenos Aires, Argentina, due to an Achilles tendon injury. (Facebook page, 17 Mar 2023)</p> <p>A hamstring strain affected his performance at the 2016 Olympic Games in Rio de Janeiro. (aargauerzeitung.ch, 20 Dec 2016; lematin.ch, 09 Aug 2016)</p> <p>He had surgery on his left foot in November 2013. (fencing.net, 14 Mar 2014; nzz.ch, 24 Feb 2014)</p> <p>He has injured the ligaments in his right ankle and the Achilles tendon in his left foot during his career. (Athlete, 04 Oct 2011)</p>
Sporting philosophy / motto	"No pain, no gain." (wellfare.ch, 13 Jan 2011)
Famous relatives	His brother Michael and his sister Martina have both represented Switzerland in fencing at the world cadet championships. (Athlete, 04 Oct 2011; SportsDeskOnline, 06 Jun 2023)
Ambitions	He would like to serve in a leadership role at Swiss Fencing following his retirement from competition. (blick.ch, 11 Apr 2024; Instagram profile, 11 Apr 2024)
Other information	<p><b>RETIREMENT PLANS</b> He plans to retire from competitive fencing after competing at the 2024 European Championships in Basel, Switzerland. "My last competition as a professional fencer will be at the home European championships in Basel. I am very much looking forward to a new chapter in my life and at the same time I am extremely grateful for this formative time as a fencer." (blick.ch, 11 Apr 2024; Instagram profile, 11 Apr 2024)</p> <p><b>FATHERHOOD</b> He became a father for the first time in December 2017 when his son Mael was born. He has since welcomed his daughter Mahina in 2020 and his son Lou in 2023. "The biggest change in my life is being a father. I've become more relaxed and calmer, but I still have the hard and inner monster in training. If I have a bad training session, I can take it much better than before. Sport used to be number one. Now I'm super happy that I'm a father, and probably happier and more relaxed overall." (schweizer-illustrierte.ch, 20 Feb 2023; bote.ch, 01 Dec 2020; luzernerzeitung.ch, 08 Jun 2019; bote.ch, 24 Nov 2018)</p> <p><b>FURTHER EDUCATION</b> In 2020 he earned a sports management certificate from the University of St. Gallen in Switzerland. (LinkedIn profile, 23 Dec 2020; Instagram profile, 23 Dec 2020)</p>