



ATHLETE BIOGRAPHY

Name: Elyse Ainsworth

Class: Laser Radial Girls

Sailing partner: N/A

Home town/club: Fremantle Sailing Club / South of Perth Yacht Club / Royal Perth Yacht Club WA

What is your most significant achievement in sport?	Member of Australian Youth Olympic Team 2014.
What is your major sporting goal/ambition?	Tokyo 2020
Who are your idols, and why (not necessarily sporting)?	Jessica Fox, she was a great mentor at YOG 2014 and is an inspirational athlete.
Who has most influenced your sporting career, and why?	Too many people to choose from.
Do you work or study while training – If so at what?	
What are your career goals after sport?	To become a Physio.
What do you regard as your most memorable sporting moment?	Finishing 8 th in the Youth Laser Radial Worlds (Canada, 2015)

What is the toughest thing about competitive sailing?	The variables, that not everything is in your control.
How do you spend your time away from the water?	Being in the gym or with friends.
Personal motto:	Don't look back, leave it all on the track.
If I wasn't sailing, I'd be:	Playing basketball.
One thing people don't know about me:	I seriously dislike fruit.
What are your three favourite places in the world?	Switzerland, London, Canada.
What was the first event you competed in?	Minnow Nationals
What was the first event you won?	Minnow Nationals (Novice)
Do you have any superstitions?	No