



ATHLETE BIOGRAPHY

Name: Laura Harding

Class: 420 Girls

Sailing partner: Eleanor Grimshaw

Home town/club: Blairgowrie Yacht Squadron VIC

What is your most significant achievement in sport?	1 st Youth Girl at 420 Nationals 2017 Qualifying for the Vic Institute of Sport in 2016
What is your major sporting goal/ambition?	To compete at the Olympics
Who are your idols, and why (not necessarily sporting)?	Tess Lloyd – Had an accident at age 17 and was in a coma for 2 weeks. She now competes at an extremely high level.
Who has most influenced your sporting career, and why?	Johnny Rodgers – Always believed in me and what I can achieve.
Do you work or study while training – If so at what?	School, Year 12 in 2017
What are your career goals after sport?	Either a Paramedic, Nurse or Physiotherapist.
What do you regard as your most memorable sporting moment?	Getting into the VIS.

What is the toughest thing about competitive sailing?	Trying to keep improving results at each regatta.
How do you spend your time away from the water?	With friends.
Personal motto:	You can dream a dream but you have to have the guts to follow it!
If I wasn't sailing, I'd be:	Sleeping
One thing people don't know about me:	I am a twin
What are your three favourite places in the world?	Italy, Great Barrier Reef, Coolum (Qld)
What was the first event you competed in?	Minnow States
What was the first event you won?	Major: Youth Nationals 2017
Do you have any superstitions?	N/A