



ATHLETE BIOGRAPHY

Name: Shannon Dalton

Class: Nacra 15

Sailing Partner: Jayden Dalton

Hometown/Club: South of Perth Yacht Club

What is your most significant achievement in sport?	Nacra 15 National Champion 2017
What is your major sporting goal/ambition?	Compete in an Olympics
Who are your idols, and why (not necessarily sporting)?	Jason and Lisa because they have competed and won medals at a world level
Who has most influenced your sporting career, and why?	My family for supporting me and encouraging me.
Do you work or study while training – If so at what?	Yes, a student at school
What are your career goals after sport?	Go to university and become a teacher
What do you regard as your most memorable sporting moment?	Winning the Nacra 15 Youth Nationals 2017
What is the toughest thing about competitive sailing	Being Nervous
How do you spend your time away from the water?	Camping, netball, basketball

Personal motto:	No pain, no gain!
If I wasn't sailing, I'd be:	Spending time with family and friends
One thing people don't know about me:	
What are your three favourite places in the world?	London, home, Hamilton Island
What was the first event you competed in?	Optimist Nationals 2012, silver fleet
What was the first event you won?	Optimist Nationals 2012, silver fleet
Do you have any superstitions?	No