



ATHLETE BIOGRAPHY

Name: Jayden Dalton

Class: Nacra 15

Sailing Partner: Shannon Dalton

Hometown/Club: South of Perth Yacht Club

What is your most significant achievement in sport?	Winning Nacra 15 youth nationals
What is your major sporting goal/ambition?	To compete in the Olympics
Who are your idols, and why (not necessarily sporting)?	Nikki Lauda, because he never gave up.
Who has most influenced your sporting career, and why?	My parents and competitors. For supporting and pushing me to achieve
Do you work or study while training – If so at what?	Apprentice auto electrician
What are your career goals after sport?	To finish my apprenticeship
What do you regard as your most memorable sporting moment?	Qualifying for optimist worlds team and winning Nacra 15 youth nationals
What is the toughest thing about competitive sailing?	
How do you spend your time away from the water?	4 wheel driving and camping

Personal motto:	A race isn't won until its over
If I wasn't sailing, I'd be:	out camping and 4 wheel driving
One thing people don't know about me:	
What are your three favourite places in the world?	Home, Rottnest and Italy
What was the first event you competed in?	Mandurah Easter regatta
What was the first event you won?	Optimist states
Do you have any superstitions?	Yes I like to keep the same routine through the regatta