



ATHLETE BIOGRAPHY

Name: Will Cooley

What is your most significant achievement in sport?	Winning both the Nacra 15 2018 Nationals and the Nacra 15 Youth Nationals allowing me to be selected for the Youth Worlds, and qualify for the Youth Olympics.
What is your major sporting goal/ambition?	To become the Nacra 15 Youth World and Youth Olympic Champions.
Who are your idols, and why (not necessarily sporting)?	I'd have to say my parents. My mother has always encouraged and supported me with her mantras, mental attitude and support. Dad has always pushed me to the limit in a really gentle way that helps me set a goal towards any regatta I compete in.
Who has most influenced your sporting career, and why?	When I was little my Dad always pushed me to sail. I was afraid of the wind being my worst nightmare in the boat and Dad helped me to overcome that fear. From that point on, I always thought I could push myself and that I'd be able to take my sailing to the next level.
Do you work or study while training – If so at what?	At school I am always working hard to try and get the best grades so I can set myself up for different career options when I'm older.
What are your career goals after sport?	I would love to become a commercial pilot after my sporting career.
What do you regard as your most memorable sporting moment?	Winning the last race of the 2018 Youth National Championships knowing that my crew and I would be selected into the ASYT and being qualified for the Youth Olympics.
What is the toughest thing about competitive sailing?	Mindset. Since our boat is a one design boat, it's all about the pre-race/racing mindset and being able to control and overcome obstacles when required.
How do you spend your time away from the water?	If I'm not doing anything to help us beat our competition, I would be relaxing with friends and family.
Personal motto:	"Every moment in time, there is a space and opportunity for different outcomes no matter how bad you're doing." – Will Cooley

If I wasn't sailing, I'd be:	Working hard towards being a pilot.
One thing people don't know about me:	I love to play music, specifically piano and guitar.
What are your three favourite places in the world?	Fiji, Portugal, and Sydney! (Home)
What was the first event you competed in?	2UP Sabot State Championships 2012
What was the first event you won?	Sabot SNSW Zones 2015, Vaucluse
Do you have any superstitions?	Yes. When in regatta mode, I perform the same routine every time, both before & after sailing. From meditation first thing, packing my gear in the morning, to preparing the boat in a specific sequence. etc