

# JADEN MOVOLD

-  Auckland
-  May 11, 2004
-  Spina bifida
-  Para athletics

## Grassroots:

Hi, I'm Jaden Movold.

I was born in Auckland, New Zealand and have lived here my whole life.

Besides sports, I fell in love with fishing from a very early age. Whether it was fishing at the Tongariro Trout Centre, on Lake Taupo, or at the end of a dock in Auckland, it has always been one of my favourite hobbies, and still is.

## My journey as a Para athlete:

I always wanted to be a competitive athlete. I have tried just about everything, gymnastics, horse riding, surfing, skiing, Para athletics, Para cycling, Para swimming, Wheelchair rugby, Wheelchair basketball, Wheelchair tennis, triathlons, outdoor bowls, and Para table tennis.

After exploring all of these Para sports, I discovered a passion for Para athletics. My main sport is wheelchair racing. I compete both on the Track and Road as an internationally classified T54 racer.



“

My main sport is wheelchair racing. I compete both on the track and road as a nationally classified T54 racer.”

# JADEN MOVOLD

My first-time representing NZ was in March 2022, when I attended the Australian National Championships in Sydney. As it was my first ever international competition, my goals were to get the experience and a feel for what it's like

to race on the track with other wheelchair racers of similar or better abilities. With that being said, I did manage to come away with a 4-second PB in the 800m and took home a bronze medal in the 400m Open wheelchair event.

I have a fantastic team around me to support me to be the best I can be. Aside from my mum and dad, I have my main track coach, a strength and conditioning coach, and I get incredible support from the wider international wheelchair racing community through legends of the sport, both coaches and racers.

I train 6 to 7 times a week, which typically includes two gym sessions and 4 to 5 sessions in my racing chair, either on my rollers or on the track.

The Paralympic values are vital to being a successful athlete. I have always been determined in many areas of my life to prove to others and myself that having a disability does not need to hold you back in achieving your goals.

*A determined mindset is vital, as the road is not always easy. It would help if you had the courage to keep going when things get tough and know that difficult times don't last forever.*

I have racing mentors who are some of the best wheelchair racers in the world who inspire me with how good they are and how humble and passionate they are in what they do. Finding inspiration in whatever way that keeps you motivated is essential.

One of the most significant pieces of advice I would give to someone who wants to pursue a high-performance sport is to go to your national sports organisation and learn more about the sport you are interested in. Try out many sports, as you could find a sport you love that you had never considered before.

## Fun facts:

- **My favourite food is sushi.**
- **My favourite time of the year in New Zealand is summer but I do love a white Christmas in Canada.**
- **I don't do karaoke but if I had to choose it would definitely be "Lose Yourself" by Eminem.**
- **When I think about my favourite movie I am torn between the Greatest Showman as I love the diversity in the film, and The Boy in Striped Pyjamas because it is not a typical feel good Hollywood film but displays the harsh realities of life.**
- **I am definitely a night owl so getting up early for training can sometimes be a challenge, lol.**

