

HAYLEY-JO NIXON

BIOKINETICIST | ONLINE COACH | WORLD CHAMPION



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I feel privileged to have spent the better part of the last 15 years of my life as both a working professional and a semi-professional athlete. This has been no easy task! I have learnt that the only way to achieve at home, work and on the sports field, is to carefully manage the balance between everyday life, work commitments and sports-related commitments, through hard work, discipline, rest and efficiency! I would like to think that the 'train-smart' attitude is one I apply to everything in my life.

EDUCATION | RECENT WORK EXPERIENCE

- Online Coach: Paddling | Strength & Conditioning, 2018 - present
- Biokineticist: Kings Park Sports Medicine Centre, 2013 - 2018
- Biokineticist, Physical IQ, 2013
- Rhodes University, Bachelor of Science Degree with majors in Human Kinetics & Ergonomics and Psychology, 2002 - 2005
- University of Pretoria, BA Honours in Sports Science, 2006
- University of Pretoria, BA Honours in Biokinetics, 2007 - 2008

CONTACT DETAILS

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SKILLS AND ABILITIES

- Public Speaking
- Mentor and Brand Ambassador
- Coaching athletes of a varied age, gender and ability: strength & conditioning; canoeing / surfski; rowing
- Career experience in Biokinetics, covering orthopedic and sports injury rehabilitation

WHAT AM I PASSIONATE ABOUT?

- Promoting, living and sharing a healthy lifestyle
- People! The environment, nature, the ocean!
- Sharing knowledge. Free clinics. Being tangible and approachable!
- Gender equality!
- Paddling, swimming, running, sport and the positive difference it makes to our lives!
- My family, friends, my network of support.

SPORTS CAREER HIGHLIGHTS

CANOE, OCEAN KAYAK RACING AND ROWING:

- 2018: Winning 10 out of 11 International Surfski races (listed in detail below)
- 2018 and 2019: South African National Champion in both Single and Double Surfski
- 2017: ICF Ocean Racing World Champion
- 2017: Australian Ocean Racing Series Champion
- 2016: World Surfski Series Champion
- 2014, 2015, 2017, 2018 South African Canoe colours awarded for participation at ICF Canoe Marathon World Championships
- 2012: South African National Rowing team Olympic Squad for London Olympics (Women's pair)

2019 Ocean Kayak Racing Highlights

- Atlantic Ocean Surfski, Canary Islands, 1st
- Strand Downwind, South African National Championships, 1st s1
- Freedom Paddle (South African National Doubles Championships), Cape Town, s2
- Maui Jim Molokai Challenge, Hawaii, 3rd

2018 Ocean Kayak and Canoe Marathon Racing Highlights

- Atlantic Ocean Surfski, Canary Islands, 1st
- Freedom Paddle, Cape Town, s2 1st
- New course record: Maui Jim Molokai Challenge, Hawaii, 1st
- Ballito Downwind, Durban, 1st
- Mauritius Ocean Classic, ICF Ocean Racing World Cup 1st
- Nelo Summer Challenge, Portugal 1st
- ICF World Canoe Marathon Championships, Portugal, k2 4th
- Irish Coast Paddling Champs, Ireland, 1st
- Pete Marlin, South African National Champs, East London, s1 1st s2 1st
- Hong Kong Dragon Run, 1st
- Westcoast Downwinder, Perth, 1st
- The Doctor, Perth, 4th
- 20 Beaches Ocean classic, Sydney, 1st

PROUD TO REPRESENT

- Carbonology Sport 2013 - present
- Euro Steel Sport 2016 - present
- Vaikobi 2017 - present
- Shaw and Partners Financial Services 2018 - present
- Bennett Surfboards and Paddles 2019