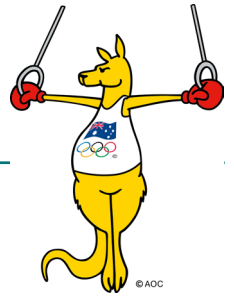


Education Ambassador



Stephanie Moorhouse

Stephanie Moorhouse was a part of the 2004 Australian Olympic Team and competed in Gymnastics at the Athens Games. Moorhouse was also a Commonwealth Games gold medallist at the 2002 Manchester Games.

Age: 28

Sport: Women's Artistic Gymnastics

Games competed in: Athens 2004

Where do you live: Eltham, Victoria

Home town: Eltham, Victoria

What sports did you compete in at school?: I tried a lot of other sports to make sure that Gymnastics was the one I loved most and to keep a balance in my life. I tried tennis, skiing, basketball and diving, along with Gymnastics aswell ofcourse.



Are you training for RIO 2016?: No, I have retired from Gymnastics, however, I am still involved in the Olympic movement and mentoring the next generation in achieving their goals.

What was a typical training day?:

- Woke up at 5:30am and my dad would drive me to training which was 45minutes from our house.
- Train from 7am – 10:30am
- School from 11am – 3pm
- Train again from 3.30pm – 7pm.
- Physio or massage or sport psychologist appointments
- Dad would then drive me home where I would have dinner, do my homework and try and get to bed as early as possible so my body was refreshed for training the next day.

What is your earliest memory of the Olympic Games?:

When I came home from primary school one day and we were studying the Olympic Games, I told mum that I was going to go to them one day, however, I had no idea what was involved in the process!!

I also remember being at my family friends house for the Opening Ceremony of the 2000 Olympic Games and thinking that I was going to do whatever I could do to be at the next Olympic Games Opening Ceremony, and I was.

Favourite non-sporting past time: Regular family holidays at Easter time with a group of 60

family friends to Bright, Victoria. Camp fires, markets, local football and lots of good coffee. I have been going every Easter for my whole life (except for the ones I missed when I was overseas competing)

What is your favourite food?: Ice-cream

What is your favourite memory from school?: Going back to my primary school after my Olympic Games and sharing my experiences with the students.

I was not always the best at Gymnastics growing up but I worked hard, set myself goals along the way and never gave up! If you work hard, enjoy what you do, then anything is possible.

Follow Steph on Social Media:

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