

Athlete Advisor

Trampoline – Alexa Kennedy



Hi everyone,

This year, an Athlete Advisor role has been added to each of the Technical Committees to be focused on the welfare of athletes. I am pleased to say that I have been selected for this role in the trampoline community and will be working alongside the Trampoline TC and with the Athlete Advisors in each code (AER, WAG, MAG, and RG).

I have been competing since I was 6 years old and have represented NZ since age 10 at multiple Indo Pacific's, World Cups, and World Championships. I coach a little and just this year qualified as an FIG judge. Outside of trampoline, I am in my final year of chiropractic studies, started jiu-jitsu, and balance my free time between Netflix and getting outside for swims and hikes.

As an athlete, I have experienced successful competitions and have made great memories but also the 'not so great' competitions, injuries, balancing sport/life/studies/relationships and feeling low on motivation and support.

I have dedicated much of my life to this sport and will be eternally grateful for the friendships, experiences, memories, and lessons I have learned from trampoline. With this role I hope to encourage new, existing, and past athletes to find their passion for trampoline in a safe, supportive, and united community.

So, as your Athlete Advisor I am here for all of you, to listen, express, and advocate on your behalf. Please don't hesitate to reach out if you have any thoughts, questions, concerns.

You can contact me on traathelteadvisor@gymnasticsnz.com

