

# Athlete Advisor

## Aerobic Gymnastics – Jen Groom



My name is Jen and I have been involved in Aerobics for 17 years now and was competing for 15 of those years. I have represented New Zealand at the Australian Nationals, multiple ANAC competitions, Suzuki world cup and was selected to represent NZ as a part of a trio at the Aerobics World Cup in 2020 (unfortunately cancelled due to COVID). Spending most of my life as a competitive athlete, I have lived through the many ups and downs of athlete life.

After retiring in 2020, I have spent my time at competitions judging. This year I will continue to judge as well as work with the Technical Committee as your Athlete Advisor.

I put my name forward for this role as I want to be able to give back to the sport that gave me so much. I want to be able to make a positive impact on our sport by allowing our athletes to have appropriate support and have their voices heard.

As your Athlete Advisor, I am here for you, to listen to any questions, wonderings or concerns you may have in a completely confidential and safe manner. Every athlete is valued and plays a vital role in our sport. I will do my best to seek out feedback from the athletes when it is required.

Please do not hesitate to send me an email at any time, or if you would prefer to have a conversation, let me know. You are more than welcome to come chat to me at competitions.

My email is [aerathleteadvisor@gymnasticsnz.com](mailto:aerathleteadvisor@gymnasticsnz.com)

