

BOUNCING FROM OLYMPIC PODIUM TO CFNZ



CFNZ is jumping for joy to welcome our very first CFNZ Ambassador, Olympic medalist Dylan Schmidt.

Dylan Schmidt is New Zealand's trailblazing gymnast, who leapt to a historical victory by seizing the bronze medal in men's trampoline at the Tokyo Olympics. Not only was this an individual triumph, but it also marked a milestone as New Zealand's inaugural Olympic trampoline medal.

Schmidt first competed at the Rio Olympics in 2016, setting the pace as the first Kiwi ever in the trampoline competition at the Olympic Games, securing a commendable 7th place. This year, his goal is to represent New Zealand again at the Paris 2024 Olympic Games.

In addition to his athletic accomplishments, Schmidt also serves as a Special Olympics Ambassador. He travels across New Zealand, visiting schools to share his journey from the trampoline to the podium, inspiring the next generation to embrace healthier, more active lifestyles and now he's going to be helping inspire young people living with CF too.

The CF community knows how essential jumping on the tramp can be to keep those lungs healthy so we couldn't be happier to have Dylan Schmidt join the CFNZ family.

Trampolining was a family affair for Dylan too as he first started jumping with his siblings,



"I started at five. We just wanted to do flips and have fun," said Schmidt. "My parents kept thinking we'd get bored but we just kept going. When we moved to Waihi from Southland, they used to drive me to Auckland three times a week to train."

That family sacrifice paid off when Schmidt hit his first big milestone, winning his first World Age Group Championships at age 12 in 2009. He said,

"The world age champs was my first big comp seeing internationals like the Russians, but I beat them! My coach saw the potential and aimed for the Olympics and no one had ever gone from NZ before. The people around me didn't push me too hard. I was very much doing it because I wanted to do it. I still played rugby, tennis, soccer, hockey and went shooting."

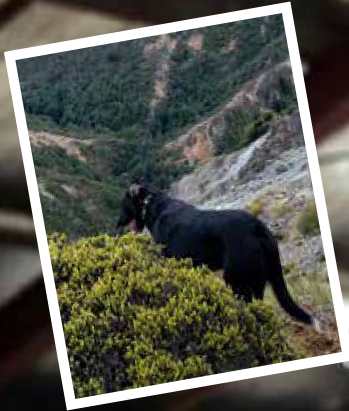
Schmidt attended Waihi College until year nine and then he was awarded a scholarship to King's School in Auckland,

"I took time out to train but did ok with my grades. but I worked hard and had to catch up a lot on my own time due to training..

I always missed end-of-year exams but passed well with good grades. I did alright in the end, getting a degree in commerce from the University of Auckland, and a job at PWC following an internship."

Now preparing for Paris, Schmidt's average training session lasts 2 hours,

"I do a lot of routine practice but it gets hard on your body, so I do lots of warm-ups and drills too. There's always technical stuff to work on. I've been doing this for 23 years so you wanna try and make it interesting and change it up."



"I know how important physical activity is for all of us but especially to keep people with CF healthy so it'll be fun to see what we can come up with together," said Schmidt.

He doesn't have much of a pre-competition routine, "You actually hate it at the time but as soon as you have finished you just want to do it again. There's just one chance, one moment to get it right. It's not something most people get to experience. It's super stressful in the moment. It's a feeling you can't really describe."

Outside of training and competing, Schmidt says he can't sit still, "I am always looking for something to do. As athletes you can get all consumed in your sport but I'm just a Kiwi bloke who likes to do things the best I can. Trampolining is something I do and something I enjoy but when I come home from work the first thing I want to do is see my dog Taco and take him hunting. I'm big into my golf, hunting, fishing, shooting or just getting outside and camping." Although he's in the spotlight as a successful athlete and reached crazy heights in the world of gymnastics, his feet are firmly on the ground. Schmidt said,

"Sometimes people make assumptions that if you say 'I am going to the Olympics to win' they think you're arrogant. But I work hard to get there. You shouldn't be afraid to say things you want to achieve in life. People who don't know you can't judge. My friends don't care, we've known each other before the Olympics and they're just proud of me and enjoy my company either way. Nothing really changes."

On working with CFNZ, he's looking forward to getting more involved.

"I just want to support the CF community. I was shocked to learn I couldn't just get lots of kids on a tramp together – CF kids need to do one-on-one and I had no idea about that before getting to know the people at CFNZ."



Here at CFNZ we are thrilled to announce that alongside our partnership with Dylan Schmidt we have also been named Gymnastics New Zealand's charity partner.



Gymnastics is the ultimate sport for full development underpinning a person's success in physical activity, and we know that for our CF community, trampolining is a great way to clear mucus from the lungs. Together with Gymnastics NZ we look forward to working towards bringing awareness to how the sport can positively impact our community.