

60-SECONDS WITH

KATHRIN MEYER

By Farah Rezeika



WHAT INSPIRED YOU TO START VAULTING?

A friend

HOW LONG HAVE YOU BEEN VAULTING?

19 years

COULD YOU DESCRIBE THE FEELING YOU GET WHEN YOU'RE PERFORMING?

I am really focused during my performance and feel motivated to show everyone what I am training for.

WHO HAS BEEN YOUR BIGGEST SUPPORTER THROUGHOUT YOUR VAULTING JOURNEY?

My mum

WHAT IS YOUR PROUDEST MOMENT AS A VAULTING CHAMPION?

The thing I am proudest of is the continuous work we did with my horse to grow together and achieve this.

WHAT ARE YOUR GOALS FOR THE FUTURE IN VAULTING?

The next goal will be the **World Championship** in Bern this year. In general, I want to improve my work with my horse to become smoother in my movements around and on the horse.

WHAT IS THE MOST MEMORABLE FAN INTERACTION YOU'VE HAD?

Some girls came to Wiesbaden to take a picture with me, and they were super happy afterward.

WHAT IS YOUR FAVORITE WAY TO RELAX AND UNWIND AFTER A COMPETITION?

Sleeping a lot, eating nice food, and enjoying some rest with my horses.

WHAT IS YOUR FAVORITE HOBBY BESIDES VAULTING?

I think it is dancing. I started to support my vaulting skills, but I really enjoy my time at dancing lessons.

WHAT IS YOUR FAVORITE ANIMAL?

That's difficult, I would say dogs.



ARE YOU A SUMMER OR WINTER PERSON?

Summer

WHAT IS THE LAST PLACE YOU HAVE BEEN TOO?

Reno, Nevada

WHAT'S YOUR GO-TO MEAL?

Pasta and pesto

IF YOU COULD TRAVEL ANYWHERE IN THE WORLD, WHERE WOULD YOU GO?

Maldives

IF YOU COULD STEP INTO THE SHOES OF ANY ATHLETE FOR A DAY, WHO WOULD IT BE?

I think Pauline Schäfer or Alica Schmidt

LAST BUT NOT LEAST, WHAT IS THE QUOTE OR MOTO THAT YOU LIVE BY?

I try to enjoy the moment. Not only the competition is the part we should enjoy, it's the smallest parts of our life. 🐾

