



KATRINA WEBB



Katrina Webb is recognised and acknowledged for her unique athleticism and outstanding success as a Paralympic athlete. Katrina had the honour of being the first torchbearer to enter the Olympic Stadium for the Sydney Paralympic Games in 2000, and went on to break world records and won **Silver** in the 100m and 400m sprint and a **Bronze Medal** in the women's 200m sprint. Katrina was again a Paralympic **Gold Medalist** in Athens in the 400m.

A devastating injury to Katrina's right knee dampened her netball career. She felt shattered and lacking in direction. It seemed that all her efforts had virtually been in vain, and the bad news didn't just end there. Further tests revealed a definite weakness in Katrina's right side, which was diagnosed as Cerebral Palsy (a disorder that affects movement control), an infliction that had been with her since birth.

This discovery answered many questions, but as much as it helped Katrina understand why the right side of her body tired more quickly than the other, and why her Grandmother had pointed out to her mum that she had dragged my right leg when learning to crawl, it didn't help answer the biggest question of all... Why? ...and more to the point. Why me?

As much as Katrina was shattered by the news, she was fortunate to have the guidance and support of Chris Nunn, coach of athletes with a disability at the AIS. Chris encouraged her to turn this negative into a positive and train for the Paralympic Games in Atlanta in 1996.

Katrina competed in Atlanta in 1996 winning a **Gold Medal** in the 100m sprint and breaking a Paralympic record and winning **Gold** in the 200m sprint. To add to this she also won a **Silver** medal in the Long Jump.



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In 1996 she was awarded an Order of Australia Medal for services to sport, and in 1999 Katrina received the Queen's Trust Achiever Award. In the inaugural 2001 SA Youth Showcase Awards, Katrina was the recipient of 'Young Person of the Year Award'. Katrina was again a Paralympic **Gold** Medalist in Athens in the 400m.

In 2006 she won a **Silver** medal for the 100m at the Melbourne Commonwealth Games and two weeks later presented to the United Nations in New York on behalf of the International Paralympic Committee.

Katrina is available for the following work:

- **Keynote Speaking Engagements**

Katrina thoroughly researches each speaking engagement to ensure your key objectives are met. Engagements include seminars, corporate events, client and corporate functions, networking, promotions, product launches, and guest appearances.

- **Personal Appearances**

Site visits, Corporate Functions, Staff Functions, Special events, Media functions, Product Launches and Awards.

(Can include display of torch and medals if required)

- **Corporate Health & Wellbeing**

Fun and informative half day health and wellbeing seminars, where staff find out how old they really are through simple health tests and coaching. Corporate Health & Wellbeing program can also be devised.

- **Paralympic Team Building Day**

Up to 50 staff members or clients per session can compete in a series of Paralympic events at an Athletic Stadium such as wheelchair basketball, seated javelin and shot-put. It is an excellent way to build an organisation's team building skills, as well as challenging individuals in activities never done before. This program also assists to increase an organisation's awareness of people with disabilities, through amazing keynote speakers.

- **Articles in newsletters or magazines**

Written contributions, interviews and motivational tips to success.

- **Advertising and Promotion**

- Use of Katrina's face for promotional material and advertisement.
- Exclusive use of Katrina after the Paralympic games
- Wear Branded apparel where possible.



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The Athlete - Achievements

- 1994 all Australian Netball Squad 17 & under
- 1995 Australian Institute of Sport Netball Scholarship
- 1996 Atlanta Paralympic Games: Gold 100m, Gold 200m, Silver Long Jump
- 1998 World Championships: Silver 400m, Silver 100m & Gold Javelin & WR
- 1997-2000 South Australian Athlete Ambassador for Health & Disabilities
- 2000 Sydney Paralympic Games: Silver 400m, Silver 100m and Bronze 200m
- 2002 World Athletic Championships: Silver 100m and Silver 400m
- 2004 New World record for the 200m T38 class
- 2004 Athens Paralympic Games: Gold 400m and Paralympic Record
- 2004 South Australian Sports Institute Female Athlete of the Year
- 2005 Walked the Kokoda Track PNG
- 2005 AIS Athletics Scholarship Canberra
- 2006 SILVER 100m Melbourne Commonwealth Games

The Person - Achievements

- 1996 Awarded OAM for services to sport
- 1999 Queen's Trust Achiever Award
- 2000 First torchbearer to enter Olympic stadium, Sydney Paralympic Games Opening Ceremony
- Youngest Trustee for South Australian Women's Trust
- 2000 completed Bachelor of Physiotherapy at the University of SA
- 2001 SA Youth Showcase Awards- Young Person of the Year Award
- 2003 Awarded the Centenary Medal and Member of Active for Life Advisory Committee
- 2004 Member of the Sports Challenge Foundation Committee
- 2004 Nominee for the SA Greatest Sports Stars Ever
- 2004 Winner of the SA National Speaker's Association of Australia John Nevin Rising Star Award
- 2006 Presented on behalf of the IPC to the United Nations in New York at the closing ceremony of the International Year of Sport and Physical Education 2005.

Board Representation

- 1999 South Australian Women's Trust
- 2004 Sports Challenge Foundation Committee
- 2005 Adelaide Crows Foundation



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Katrina is the perfect choice for a professional or motivational speaker. She also runs corporate inspiration and health & wellbeing seminars and is heavily involved in team building events.

Katrina's speaking topics include:

- 'Running on No Matter What'
- Leadership
- Goal setting
- Performance coaching
- Health & Wellbeing- Work/Life balance
- Celebrating differences!
- Power of positive thinking
- Teamwork

Every presentation is tailored to suite organisational needs.

Management - Onya Soapbox

For more information or to make an inquiry about Katrina Webb please contact:

Abby Edwards - Onya Soapbox

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