



# NADIA BARRY FUGLSTAD

*Boxing/Soccer*

Nadia Barry Fuglstad is an undefeated female boxer, holding a record of 7 wins, 0 losses, and 0 draws. She became the Intermediate Middleweight Champion of Ireland during her boxing career.

Nadia had to overcome a popular belief that boxing is not a sport for women. The first club she approached would not train her. She was undeterred however, and eventually convinced that club to train her. She would become a provincial champion, and would face the toughest women boxers in Ireland to secure a spot as intermediate middleweight national champion.

## Career Highlights

Became Provincial Champion in 2004

Won the National Champion title in 2005 at the age of 17

Boxing became an Olympic sport for men in 1905, but only in 2012 for women.

She competed for Team Ireland in the Atlantic Challenge, an international contest of seamanship, in Finland, Wales, and Italy.

As a foreign exchange student she played varsity soccer at St. Thomas University.

Trained at the IABA Sport Ireland Institute with Olympic coaches and became a certified boxing coach.

**Hometown:** Fredericton?

**Tips for teachers:** Nadia is available for presentations in the Fredericton area. Her last name is pronounced "Fuh-g'l-stad. Nadia speaks English and enthusiastic about connecting with young people to promote an active, athletic lifestyle..



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