

# SAGE DONNELLY

## ACA Athlete Questionnaire

Age: 18  
Discipline: Slalom  
Event: K1, C1, C2  
From: Carson City, NV

### Learn about Sage:



**Q: When did you first start paddling?**

**A:** At 2 years old in a 2 person boat with my dad, running rivers in my own boat when I was 5

**Q: What is your favorite thing about paddling?**

**A:** It depends on the discipline I'm doing- freestyle is hanging out with my friends and throwing huge tricks, creeking is the amazing beauty and scenery you see and that great feeling you get after running a big rapid, and slalom is pushing myself as hard as I can down fun, challenging whitewater courses.

**Q: What is your best result? When and where?**

**A:** 6th c1 JR worlds 2018, 9th k1 JR worlds 2017



**Q: What are your goals in this sport?**

**A:** Multiple world championship and Olympic titles

**Q: What are your goals outside of the sport? Professional & or personal:**

**A:** I'm in college studying to be a sports psychologist so I hope to get my degree for that and go on to help other athletes, and I would love to be a national team slalom coach when I retire from competing.

**Q: Who is your biggest role model?**

**A:** [Rebecca Giddens](#)

**Q: Where is your favorite place to paddle?**

**A:** North Fork of the Payette, Idaho

**Q: What are your hobbies?**

**A:** Longboarding, photography, hiking, rock climbing, horses.... pretty much anything outside!

**Q: What do you think paddling has taught you?**

**A:** Paddling has taught me that I can push my body and mind past limits I never thought I could.

**Q: What advice would you give to aspiring athletes?**

**A:** Don't get yourself down, bad races and bad training sessions happen. Just try to take some good from every part, learn from the bad, and then let it go.

**Q: If you could have a super power, what would it be?**

**A:** Super strength

**Q: Any other things you would like to say about yourself, paddling, or anything else?**

**A:** I also compete with type one diabetic with celiac and thyroid disease.

