

Tiffany Melius - Competitive Climber. Aspiring Olympic Athlete.

At the Tokyo 2020 Olympic Games, Sport Climbing will be included for the first time. There are only 20 male and 20 female spots globally available to climbers; and likely only one spot per gender available to Continental Oceania (Australia, New Zealand and New Caledonia combined).

Competitive rockclimber Tiffany Melius' goal is to be that one woman.



Tiffany Melius is an Australian from Brisbane, who has been living in Canada for the past nine years. In addition to being a competitive climber, she is also a performance life coach, a non-profit executive director (New View Mental Health Society), a daughter, sister, partner, and friend. She is driven by passion and her personal values are authenticity, integrity, and personal growth. She's travelled to over 45 countries and now lives in North Vancouver, Canada.



Tiffany started climbing when she was 14 years old. She had been looking for a sport that would keep up her strength and flexibility (developed from gymnastics since she was a toddler), and a neighbour recommended

trying climbing since there was a gym only a few blocks from her home in Spring Hill. She went one time and was hooked! Over 100 competitions and 10,000 climbing hours later, and a new challenge arrived on Tiffany's horizon.



On August 3, 2016, 'Sports Climbing' was officially added to the programme for the 2020 Tokyo Olympic Games, and in August 2017 Tiffany decided to pursue this goal.



Most competitive climbers specialise in one discipline, but the Olympic format requires mastery of all three - lead, speed and bouldering. This will be a highly competitive and coveted position as climbing makes its Olympic debut, and with only two years to prepare for qualification, the race is on. At the recent World Championships in Innsbruck, Austria Tiffany placed 47th overall, and was the second place getter in both the Oceania and Canadian fields. Tiffany was also the 2016 Australian Bouldering Champion, and 2017 Oceania Continental Climbing Champion.



Along the road to Olympic qualification are multiple international competitions requiring travel, accommodation, transport, and entry fees, not to mention training support at home - coaches, physiotherapy, sports psychology, massage etc. The Australian Institute of Sport does not provide any funding to climbers at this time. Tiffany is challenged to find support in Canada (as she does not represent Canada), or Australia (because she is not living there).



As one of the oldest athletes preparing for this opportunity, Tiffany is also one of the most experienced. As an ambassador of the climbing community, Tiffany has repeatedly shown her passion and integrity in being a shining example of what kind of athlete leaders climbing can produce. She has contributed to sporting infrastructure in both her resident countries (Australia and Canada), and "gives back" through athlete leadership and performance coaching. Having a mature athlete representing Australia in the inaugural year of Olympic Sport Climbing will set a high standard for all subsequent climbers, and provide inspiration to those who aspire to climb at that level. Her authentic nature, dedication to excellence, and personal integrity will inspire all Australians, climbers or not, to believe in, and stand behind, the Olympic dream.



If you want to support Tiffany, you can **follow** her on social media (links below), **donate** to her crowdfunding page (and get an Australian tax receipt if you donate through the Australian Sports Foundation), **sponsor** Tiffany or **share** her story.

Web:

<https://www.tiffanymelius.com/>

Social Media:

<https://www.facebook.com/climbertiff/>

<https://www.instagram.com/tiffanymelius/>

<https://www.youtube.com/c/TiffanyMelius>

<https://www.linkedin.com/in/tiffanymelius>

Online Donation Platforms:

Global - <https://makeeachamp.com/tiffanymelius>

Australia only - <https://asf.org.au/athletes/tiffany-melius/>

Contact: tiffany.melius@gmail.com

