

NAT COOK

5 TIME OLYMPIAN - GOLD & BRONZE MEDALIST

*Visionary in every aspect of life: sport, business and relationships.
The standard of excellence that I hold for myself constantly fuels my
quest for knowledge, wisdom and growth.*

School

1988-1992 Corinda State High School

- 1992 DUX of the school
- 1992 Caltex All-rounder award

University

1993-1994 University of Queensland

Bachelor of Physiotherapy

Olympism

20 years of service to sport

- Commitment
- Leadership
- Precision
- Passion
- Teamwork
- Discipline
- Focus
- Hard work
- Determination

Sporting Success

1996 Olympic Games Bronze medal (Atlanta)

2000 Olympic Games Gold medal (Sydney)

2004 Olympic Games 4th place (Athens)

2008 Olympic Games 5th place (Beijing)

2012 Olympic Games (London)

World Championships medals

2000 Team of the Decade (with Kerri Pottharst)

11 National Titles

Author

'Go Girl' An inspiring journey from Bronze to Gold (2001)

Published by Hardie Grant

'Health & Wellbeing Millionaire'

Health, happiness and the secret to your greatest wealth (2012)

Business owner

2001-Present Sandstorm

Determined to build the sport of beach volleyball to new heights.

My company Sandstorm provides opportunities for others to achieve
their dreams. [www.sandstorm.com.au]

Presenter

1996 to present

- Motivational, Leadership & Team Building workshops
- Master of Ceremonies

Active Ambassador

- Camp Quality
- 4ASD kids
- CHERISH Foundation

Appointments

- Queensland Olympic Council President
- Order of Australia medal

