



Dagmara Wozniak

2-time USA Olympian and medalist, #1 ranked U.S. female fencer

"On competition day it's 90-95% mental. If you're not executing at the exact right time, you're done."

CAREER HIGHLIGHTS

- Current #1 ranked US female fencer
- Olympic bronze medalist at 2016 Rio Olympics
- Two-time USA Olympian (2012, 2016)
- 2018 Pan Am Championships gold medalist
- 2015 Pan Am Games gold medalist

Dagmara's Message:

"You can't give up after one loss. Life is about getting a lot of losses before you get even one win."



Dagmara's journey:

Dagmara Wozniak is a Polish-American who lives in Jersey City and represents the United States in Fencing. She has been fencing since she was nine years old, when introduced to the sport by her father Gregory. After trying other sports like gymnastics, karate and dancing, Dagmara was hooked on fencing after her first class.

"Fencing has brought me so much. I've made lifelong friends, nationally and internationally. It has taught me so much about myself as a person—how to apply myself, how to lose, how to pick myself back up. It has taught me planning, goal-setting—it has taught me more than school, college, anything..."

Dagmara is actively training for the Tokyo 2020 Olympics and is currently the #1 ranked female fencer in the US. She also speaks at schools and to young girls and women about body positivity and determination.



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