

Jan Martin



1973-1977

Following the footsteps of her parents, Jan has enjoyed many successes in hockey. Whilst attending Epsom Girls Grammar School, Jan excelled in numerous individual and team sports including athletics, tennis and hockey but eventually she decided she enjoyed the team environment so stuck to hockey.

Jan puts her huge successes down to following training programmes and continuing to practise when others weren't willing to. She believes success isn't always about sporting achievements - *"I've made loyal, lifelong friends, all over the world through the opportunity my sport has given me, and being a NZ representative has often helped me to be successful in job applications and advance my working career."*

She also thanks her PE teachers during her time at EGGs who also represented NZ in numerous capacities and were great hockey coaches. She has made numerous representative teams, however her greatest success was competing in the 1984 LA Olympics.

"Pursue what you love, stay true to your passion and keep taking advice from as many people as possible."