

Chantelle Newbery OAM

Triple Olympic Athlete

Chantelle Newbery became Australia's first diving gold medallist in 80 years, and the nation's first female Olympic diving champion ever, when she won gold with the 10-metre platform event at the 2004 Athens Olympic Games.

Chantelle had started diving at the age of 12 after successfully competing as a tumbler in gymnastics but chose to concentrate on diving primarily because of its Olympic opportunities. Her decision eventually led to her representing her country in diving at three Olympic Games - Sydney, Athens and Beijing.

Chantelle's career highlights include the Gold medal at the Athens Olympic Games in the Women's 10m Platform and Bronze in the Women's Synchronised 3m Springboard.

She also made history at the Athens Games as half of the first husband-and-wife combination (Athens dual bronze medallist diver Robert Newbery) ever selected to represent Australia.

Chantelle has been honoured many times for her participation and achievements in diving. She was Diving Australia's Diver of the Year in 1997, 1998 and 1999 and was also the 1998 Australian Institute of Sport (AIS) Diver of the Year.

In 2006 she was inducted into the AIS 'Best of the Best' and was a Channel 9 ambassador for the 2006 Commonwealth Games.

Chantelle competed at the Beijing Olympic Games in 2008 and shortly after announced her retirement. However, out of the pool, her life was falling apart. At the time, Chantelle had two kids and was supporting her husband Robert in the payment of his studies to become a Medical Doctor. Shortly before being diagnosed with depression, the couple separated.

In 2009 she eventually recognised that she desperately needed help, she admitted herself to a psychiatric clinic for five weeks' intensive therapy.

She's come a long way since that dark time. Things have got a lot better and she has learnt to work on strategies to try and keep on top of things, so that she doesn't spiral out of control. Also





Robert and Chantelle are back together.

Today, Chantelle talks frankly of her remarkable recovery from the severe depression that almost killed her.

Chantelle Newbery is employed by Diving Australia as a National Talent Identification Coordinator.

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