

JULZ WESTRUPP

Julieanne “Julz” Westrupp is a proud Cook Islander who has represented her country in football, touch rugby, and rugby sevens across multiple decades. She has competed at every Pacific Games since 2003, with her greatest achievement coming in 2007 when she co-captained the Cook Islands women’s touch rugby team to a historic gold medal.

Through the highs of victory and the challenges of defeat, Julz has developed a deep appreciation for teamwork, resilience, and the sacrifices required to succeed as an elite athlete.

Guided by her core values of respect, family, and integrity, she continues to be a role model for her community. Today, Julz is dedicated to advancing athlete safeguarding through her work with the Cook Islands National Olympic Committee and her commitment to the IOC Safeguarding Officer pathway.



SPECIAL PROJECT – Cook Island Safeguarding Policy

Establishing policy and education in safeguarding. Focusing on education about issues across governance, coaches and athletes for both the Cook Islands Rugby Union and Cook Island Sports and National Olympic Committee.



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