



# Ashley Hejlik

Off the heels of the 2014 Winter Olympics in Sochi, Russia, one of Cengage's own Olympic hopefuls is kicking butt and flipping her competition on its head (literally) for a chance to compete in the 2016 summer games in Rio de Janeiro, Brazil.

Her name is Ashley Hejlik, and she's a Sales Support and Training Coordinator for the Milady team. But in addition to her day job, Ashley is currently ranked 9th in the U.S. for the sport of Judo in her weight division and has her sights set on bringing her skills to the world stage.

"Judo, a martial art based around throwing an opponent, is a highly competitive sport that

demands a lot from its athletes — both physically and mentally. It requires motivation and positivity to excel," says Gerard McAvey, Director of Marketing and Training for Milady, and Ashley's manager.

Inspired by her dedication, the Milady team decided to sponsor Ashley in her quest to become an Olympic athlete. But one does have to ask: What does Judo, a sweaty, back-breaking sport, and Milady, a business focused on serving the beauty and wellness industry, have in common?

"If you're in the beauty and wellness industry you're always facing an uphill battle, whether it's the regulatory climate, local competition, or just challenging yourself to excel, and you need to stick with it," says McAvey.

"Ashley embodies that, working full-time

for Milady to service our industry, and then working out and competing for up to 30 hours each week outside of work. It's the same attitude that you see in this industry and we're proud to support her."

Milady sponsored Ashley at the 2014 African Open in Casablanca, Morocco. The competition, which took place January 25, was Ashley's first chance to gain qualifying points for the 2016 Olympic Games in Rio de Janeiro, Brazil. She placed 9th overall.

"Fighting in the African Open Championships was a long, exciting, exhausting experience that I'll never forget. Going into the competition, the results were not what was important to me. Sometimes in order to grow you have to shift your focus from the 'score' to how you 'played the game,'" said Hejlik.

Ashley will now spend the next two years competing in a rigorous world [Judo Tournament Schedule](#) to hopefully earn enough points to make your 2016 Olympic dreams a reality!



## Media Highlights



[Pre-Tournament](#)

[Post-Tournament](#)



[Click here](#) to find out how Ashley got introduced to Judo, what keeps her motivated and how she maintains great hair and skin with a jam-packed schedule.

