

## ANGIE BAINBRIDGE

**NICKNAME:** Ange  
**D.O.B:** 16/10/89  
**AGE:** 18  
**BORN:** Newcastle, NSW  
**LIVES:** Canberra, ACT  
**HGT:** 181cm  
**WGT:** 67kg  
**CLUB/INSTITUTE:** Hunter/AIS  
**TRAINS (Pool):** AIS  
**COACH:** John Fowle

### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won silver in 4x100m free & 4x100m medley (heat swimmer) and bronze in 4x200m free at 2008 FINA World Short Course Championships....won bronze in 200m free at 2008 Telstra Australian Championships / Olympic Trials....has won two gold (200 & 400m free in 2006) and a silver at Telstra Australian Short Course Championships....finalist at 2005 Junior Pan Pacific Championships....won eleven events at 2005 Fisher & Paykel Trans Tasman Series

#### IN 2008

Was third in 200m free, fourth in 400m free & sixth in 100m free at the Telstra Australian Championships / Olympic Trials in Sydney.... won silver in 4x100m free & 4x100m medley (heat swimmer) and bronze in 4x200m free at FINA World Short Course Championships in Manchester....was second in 200m free at Monaco leg of Mare Nostrum

Series....was third in 100 & 200m free at Barcelona leg of Mare Nostrum Series

#### IN 2007

Picked up bronze in 200m free and 200m IM at Australian Age Championships in Perth....won bronze in 400m free, was fourth in 200m free at Telstra Australian Short Course Championships in Melbourne

#### IN 2006

Placed fifth in the 400m IM at the Telstra Commonwealth Games Trials in Melbourne....collected gold in 200m IM and bronze in 200m free at Fisher & Paykel Australian Age Championships in Sydney....won 200 & 400m free at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Finished fifth in the 400m IM at the Junior Pan Pacs in Maui....placed fifth in 400m

IM and eighth in 200m IM at the Telstra Trials in Sydney....was fourth in 400m IM, seventh in 200m IM and eighth in 800m free at Telstra Australian Short Course Championships in Melbourne....won gold in 200 & 400m IM and was second in 100 & 200m free at Fisher & Paykel Australian Age Championships in Brisbane.... won eleven events at Trans Tasman Series

#### IN 2004

Collected gold in 200m IM and bronze in 200m free at Fisher & Paykel Australian Age Championships in Perth....won silver in 400m IM and was fourth in 400m free at Telstra Australian Short Course Championships in Brisbane....represented Australia in Trans Tasman Series

#### IN 2003

Placed fourth in 400m IM at Australian Short Course Championships in Hobart....represented Australia in the Trans Tasman Series

### AWAY FROM THE POOL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball, Surf Lifesaving; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** Never been to Adelaide; **ULTIMATE RELAXATION:** Sleeping; **SPECIALTY IN THE KITCHEN:** Milo; **ONE THING YOU CAN'T LIVE WITHOUT:** Family;

### FAVOURITES

**SPORTING TEAM:** Sydney Swans; **MOVIES:** High School Musical; **TV SHOW:** The OC; **BANDS/MUSIC:** Top 10; **FOOD:** Chicken Schnitzel; **DRINK:** Orange Juice; **SWIM MEET:** Age Nationals; **HOBBIES:** Shopping, beaching; **PETS:** Dog (Beau); **BEST MATES:** Steph, Haylee, Ellie, Ellyce, Jake; **LAST BOOK YOU READ:** Blondes; **WHAT'S YOUR GREATEST ASSET?** Always push myself to the limit; **FAMILY MEMBERS:** Mum - Lyn, Dad - Ian, Brother -Wes, Sister - Lindsay; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Sister - Rowing, Brother - Surfing; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** Eric Arnold (old coach), Mum & Dad; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Blonde, tall, funny; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As an athlete who always put in 110%; **WHAT AGE DID YOU START SWIMMING AND WHY?** 8yrs. I lived near a beach and didn't want to drown; **FAVOURITE SWIMMER AND WHY?** Michael Phelps; **FAVOURITE ATHLETE AND WHY?** Lance Armstrong because he never gave up

### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Short Course	Manchester, England	2008	2 <sup>nd</sup> 4x100m free, 4x100m medley (heat swim); 3 <sup>rd</sup> 4x200m free
Junior Pan Pacific	Maui, USA	2005	5 <sup>th</sup> 400m IM

Champs			
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**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	25.67		2008 AIS International
100m freestyle	55.01	10th	2008 Aust. Champs
200m freestyle	1:58.11	6th	2008 Aust. Champs
400m freestyle	4:12.86		2008 Aust. Champs
200m individual medley	2:17.53		2007 Aust. Age
400m individual medley	4:53.19		2006 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	53.02	2nd	2008 Telstra GP 1
200m freestyle	1:56.00	8th	2007 Aust. Champs
400m freestyle	4:04.57	6th	2007 Aust. Champs
200m individual medley	2:15.37		2005 NSW Open Champs
400m individual medley	4:41.78		2004 Aust. Champs

## BRONTE BARRATT

**NICKNAME:** B, Bront, Baz.  
**D.O.B:** 8/2/1989  
**AGE:** 19  
**BORN:** Brisbane, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 171 cm  
**WGT:** 56kg  
**CLUB/INSTITUTE:** Albany Creek/QAS  
**TRAINS (Pool):** Albany Creek  
**COACH:** John Rodgers



**Individual Australian Long Course Titles: 2**  
2 - 200m freestyle (07, 08)

### CAREER HIGHLIGHTS:

Won gold and bronze at 2006 Commonwealth Games....silver medallist in 4x200m free at 2005 FINA World Championship on her maiden Australian team....won a silver and bronze at 2006 Pan Pacific Championships.... won gold in 200, 400 & 4x200m free at 2007 Japan International Swim Meet....winner of five gold medals at the Junior Pan Pacific Championships in Maui....has won gold, two silver and a bronze from two FINA World Short Course Championships....has won two Australian Short Course titles....has won 21 individual Australian Age titles....current Commonwealth record holder for 200m free (long course)

### IN 2008

Won 200m free, was second in 400m free & eighth in 100m free at the Telstra Australian Championships / Olympic Trials in Sydney....set Commonwealth record in 200m free at Australian Championships....won silver in 4x100m free (heat swim), bronze in 4x200m free and was fourth in 400m free at FINA World Short Course Championships in Manchester....won 200 & 400m free and set Australian record in 400m free at Santa Clara International in Santa Clara

### IN 2007

Won 200m free and was second in 400m free at the Telstra Australian Championships in Brisbane (Dec 06)....was tenth in 200 and 400m free at FINA World Championships in Melbourne....placed third in 400m free and fifth

in 200m free at Fujitsu Duel in the Pool in Sydney....added three gold a silver and a bronze at Australian Age Championships in Perth....set short course Commonwealth record in 400m free at Telstra GP2 in Canberra....won gold in 200, 400 & 4x200m free at Japan International Swim Meet in Chiba.... set long course Commonwealth record in 400m free at Japan International Swim Meet....won 400m free, was third in 200m free at Telstra Australian Short Course Championships in Melbourne.... set short course Commonwealth record in 400m free at Australian Short Course Championships....won 200 & 400m free at the FINA World Cup in Sydney....set short course Commonwealth record in 400m free at the FINA World Cup

### IN 2006

Second in the 400m free, third in the 200m free at Telstra Commonwealth Games Trials in Melbourne....won gold in 4x200m, claimed bronze in 400m free and was fourth in 200m free at Commonwealth Games in Melbourne....won gold in 4x200m, silver in 400m free and was tenth in 200m free at FINA World Short Course Championships in Shanghai....added four gold and a silver at Fisher & Paykel Australian Age Championships in Sydney....won silver in 4x200m, bronze in 200m free and was fifth in 400m free at Pan Pacific Championships in Victoria, BC

### IN 2005

Won silver in 4x200m free on senior Australian team debut at FINA World Championships in Montreal....finished fifth in 200m free at Telstra Trials in Sydney....won five gold medals at the Junior Pan Pacs in Maui.... swam five personal bests to win five gold medals at the Fisher & Paykel Australian Age Championships in Brisbane....claimed gold in both the 200 and 400m free at the Telstra Australian Short Course Championships in Melbourne....won 400m free at FINA World Cup in Sydney

### IN 2004

A semi finalist in both the 100 and 200m free at the Telstra Olympic Team Selection Trials in Sydney....was a member of the Trans Tasman series against New Zealand....won five gold medals at the Fisher & Paykel Australian Age Championships in Perth

### IN 2003

A member of the Australian Age and Trans Tasman team....won the 50, 100m free and 200m IM at the Fisher & Paykel Australian Age Championships in Brisbane

### PREVIOUS YEARS

**2002**....won her first ever individual gold medal at an Australian Age Championships, claiming the 50m free in Sydney

### OUT OF THE POOL

**FAMILY MEMBERS:** Mother, father, siblings - Ashley and Cameron; **WHAT OR WHO INSPIRES YOU:**

**ROLE MODELS:**

### PERSONAL

**STUDIES/OCCUPATION:** University; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball and hockey;

**SUPERSTITIONS:** The number 13 and routine before a race; **ULTIMATE RELAXATION:** Sleeping in bed; **SPECIALITY IN THE**

**KITCHEN:** Omelette; **ONE THING YOU CAN'T LIVE WITHOUT:** Chocolate and friends; **WHAT WOULD YOU LIKE TO DO AWAY**

**FROM SWIMMING:** Go to University

### FAVOURITE

**SPORTING TEAM:** Brisbane Lions and Broncos; **MOVIES:** The Sweetest Thing, Notebook; **TV SHOW:** Survivor, The OC; **BANDS/MUSIC:** Cold Play; **CDs:** Party Mix; **FOOD:** Pizza, Lasagne; **DRINK:** Coke; **SWIM MEET:** Montreal 2005; **HOBBIES:** Beach, shopping, dancing; **PETS:** Dog - Buddy; **BEST MATES:** They know who they are; **WHAT'S YOUR GREATEST ASSET?** **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Grandmother - Olympic long jumper; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** Family and friends because they have given me so much support; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Happy, determined, love; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Games, 2008; **PERSONAL AMBITIONS:** To achieve 100 things that I thought were unachievable; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Not as yet; **WHAT AGE DID YOU START SWIMMING AND WHY?** Three years old, my brothers swam and I went to club nights and joined in; **FAVOURITE SWIMMER AND WHY?** Susie O'Neill - she seems like she is a quiet achiever; **FAVOURITE ATHLETE AND WHY?** Darren Lockyer - he's a machine; **NOTABLE QUOTE:** "I am not scared of tomorrow for I have seen yesterday, and I love today", William Allen White.

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	2 <sup>nd</sup> 4x200m
	Melbourne, Australia	2007	4 <sup>th</sup> 4x200m (heat swim); 10 <sup>th</sup> 200m, 400m free
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x200m; 3 <sup>rd</sup> 400m free; 4 <sup>th</sup> 200m free
World Short Course	Shanghai, China	2006	1 <sup>st</sup> 4x200m; 2 <sup>nd</sup> 400m free; 10 <sup>th</sup> 200m free
	Manchester, England	2008	2 <sup>nd</sup> 4x100m free (heat swim); 3 <sup>rd</sup> 4x200m free; 4 <sup>th</sup> 400m free
Pan Pacific Champs	Victoria, BC, Canada	2006	2 <sup>nd</sup> 4x200m; 3 <sup>rd</sup> 200m free; 5 <sup>th</sup> 400m free
Duel in the Pool	Sydney, Australia	2007	3 <sup>rd</sup> 400m free; 5 <sup>th</sup> 200m free
Junior Pan Pac Champs	Maui, USA	2005	1 <sup>st</sup> 50m, 100m, 200m, 4x100m, 4x200m free; 2 <sup>nd</sup> 400 free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 200m, 400m, 4x200m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	55.28		2008 Aust. Champs
200m freestyle	1:56.60	Commonwealth Record	2008 Aust. Champs
400m freestyle	4:04.57	Australian Record	2008 Santa Clara International
800m freestyle	8:29.13	8 <sup>th</sup>	2008 Mel Zajac Jr International
200m individual medley	2:15.72		2005 Aust. Age

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:55.07	3 <sup>rd</sup>	2007 World Cup, Sydney
400m freestyle	3:59.94	2 <sup>nd</sup>	2007 World Cup, Sydney
800m freestyle	8:26.14		2007 Grand Prix 2

## GRANT BRITS

**D.O.B:** 11/08/87  
**AGE:** 20  
**BORN:** Johannesburg, South Africa  
**LIVES:** Sydney, NSW  
**CLUB/INSTITUTE:** SAC Seals/NSWIS  
**TRAINS (Pool):** SOPAC  
**COACH:** Tony Shaw



### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won silver in 4x200m free at 2007 FINA World Championships...has won relay gold and silver at two FINA World Short Course Championships...won two silver and three bronze medals at 2005 Junior Pan Pacs...has won four gold, 9 silver and 6 bronze medals at Australian Age Championships...represented Australia at two Trans Tasman Series...won six medals including three gold at 2006 Oceania Championships...dual finalist at 2007 World University Games...current world record holder (short course) 4x200m free

#### IN 2008

Was sixth in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney to qualify for first Olympic team...won 4x200m free, was fifth in 4x100m free, sixth in 50m free and 33rd in 50m breast at FINA World Short Course Championships in Manchester

#### IN 2007

Was third in the 200m free and seventh in the 50m back at the Telstra Australian Championships in Brisbane (Dec 06)...won silver in 4x200m free at FINA World Championships in Melbourne...was second in 4x100m free and seventh in 100 & 200m free at Fujitsu Duel in the Pool in Sydney...was fourth in 4x100m free and fifth in 200m free at World University Games in Bangkok...was fourth in 200m free, fifth in 50m free, equal fifth

#### PREVIOUS YEARS

**2002**...winner of two silver and three bronze at the Australian Age Championships in Sydney...semi finalist in the 50 and 200m back at the Telstra Australian Short Course Championships in Melbourne ....**2001**...a finalist in the 100 and 200m back and 100m fly at the Tip Top Australian Age Championships in Melbourne

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Jeanette, Dad - Gary, Sister - Kara; **WHAT OR WHO INSPIRES YOU:** Family and friends; **ROLE MODELS:** Ian Thorpe and Kelly Slater

#### PERSONAL

**STUDIES/OCCUPATION:** Commerce - Accounting; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Rugby Union, Athletics; Tennis; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** Born in South Africa; **SUPERSTITIONS:** **ULTIMATE RELAXATION:** Surfing; **SPECIALTY IN THE KITCHEN:** Fudge; **ONE THING YOU CAN'T LIVE WITHOUT:** The beach; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Study and surf.

#### FAVOURITE

**SPORTING TEAM:** Springboks; **MOVIES:** The Notebook; **TV SHOW:** The Simpsons and Family Guy; **DRINK:** Ginger beer; **HOBBIES:** Surfing; **PETS:** Fish; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT**

in 100m free and sixth in 200m fly at Telstra Australian Short Course Championships in Melbourne...broke world record in 4x200m free time trial at Australian Short Course Championships...won silver in 50 & 200m free, 200m fly and was third in 100m free at FINA World Cup in Singapore...placed second in 200m free at the FINA World Cup in Sydney

#### IN 2006

Won silver swimming third in 4x200m free and was 15th in 50m back at FINA World Short Course Swimming Championships in Shanghai...placed fifth in 200m back and eighth in 50m back at Telstra Commonwealth Games Trials in Melbourne...second in 200m back & sixth in 200m free at Swim Meet of Champions in Mission Viejo...won 200m free and both free relays, was second in 100m back & third in 50m back & 400m free at Oceania Championships in Cairns...was third in 200m back, fifth in 100m back and 200m free and seventh in 100m free at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Was fourth in 50m, fifth in 100m and fourth in 200m back at Telstra Trials in Sydney...gold medallist in the 200m back and silver medallist in the 100m back at the Fisher & Paykel Australian Age Championships in Brisbane...silver medallist in the 50m back and fourth in the 200m back at the Telstra Australian Short Course Championships in

Melbourne to earn his Australian team debut for the 2006 FINA World Short Course Championships in Shanghai...fourth placing in the 200m back at the FINA World Cup in Sydney...claimed silver in 200m back & 4x200m free and bronze in 100m back, 200m IM and 4x100m medley at Junior Pan Pacs in Maui

#### IN 2004

A semi finalist in both the 100 and 200m back at the Telstra Olympic Team Selection Trials in Sydney...picked up one gold, three silver and two bronze at the Fisher & Paykel Australian Age Championships in Perth...claimed a swag of victories on the Fisher and Paykel Trans Tasman Series...silver medallist at the Telstra Australian Short Course Championships in Brisbane in the 50m back and was also a finalist at the meet in the 100 and 200m back and 100m IM...finalist in the 50m back at the FINA World Cup in Melbourne

#### IN 2003

Semi finalist in the 200m back at the Telstra Australian Championships in Sydney...winner of the 200m back and 200m IM at the Fisher & Paykel Australian Age Championships in Brisbane...multiple placegetter on the Fisher and Paykel Trans Tasman Series tour...a finalist in the 50 and 100m back at the Telstra Australian Short Course Championships in Hobart

**AT A NATIONAL LEVEL?** Mum, swimming for South Africa; Dad, water polo for South Africa; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** Family and friends; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Fun, happy and friendly; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As a run smart friendly person; **SWIMMING SHORT TERM GOALS:** To do my country proud at the 2008 Beijing Olympics; **SWIMMING CAREER ULTIMATE GOAL:** To win a medal at the Olympics; **PERSONAL AMBITIONS:** To become a successful business person; **WHAT AGE DID YOU START SWIMMING AND WHY?** Age 10, friends and parents; **FAVOURITE SWIMMER AND WHY?** Ian Thorpe; **FAVOURITE ATHLETE AND WHY?** Kelly Slater; **NOTABLE QUOTE:** "Just have fun."

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	2 <sup>nd</sup> 4x200m free
World Short Course	Shanghai, China	2006	2 <sup>nd</sup> 4x200m free; 15 <sup>th</sup> 50m back
	Manchester, England	2008	1 <sup>st</sup> 4x200m free; fifth 4x100m free; sixth 50m free; 33 <sup>rd</sup> 50m breast
Duel in the Pool	Sydney, Australia	2007	2 <sup>nd</sup> 4x100m free; 7 <sup>th</sup> 100m, 200m free
Junior Pan Pacs	Maui, USA	2005	2 <sup>nd</sup> 200m back, 4x200m free; 3 <sup>rd</sup> 100m back, 200m IM, 4x100m medley
Oceania Champs	Cairns, Australia	2006	1 <sup>st</sup> 200m, 4x100m, 4x200m free; 2 <sup>nd</sup> 100m back; 3 <sup>rd</sup> 400m free, 50m back
World University Games	Bangkok, Thailand	2007	4 <sup>th</sup> 4x100m free, 5 <sup>th</sup> 200m free; 13 <sup>th</sup> 50m back; 18 <sup>th</sup> 4x100m medley; 22 <sup>nd</sup> 200m fly

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.95		2008 Aust. Champs
100m freestyle	50.02		2008 Aust. Champs
200m freestyle	1:47.56	9th	2008 Aust. Champs
50m backstroke	26.06		2005 Aust. Champs
100m backstroke	56.09		2005 Aust. Champs
200m backstroke	2:02.08		2005 Aust. Age

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	21.57	4th	2008 World Champs
100m freestyle	48.45		2007 Aust. Champs
200m freestyle	1:44.35	6th	2007 Aust. Champs
50m backstroke	24.37	4th	2005 Aust. Champs
200m backstroke	1:54.75	9th	2005 Aust. Champs
200m butterfly	1:56.59		2008 Telstra GP 1

## LEITH BRODIE

**NICKNAME:** Brodes  
**D.O.B:** 16/07/1986  
**AGE:** 22  
**BORN:** Kempsey, NSW  
**LIVES:** Brisbane QLD  
**HGT:** 189cm  
**WGT:** 79kg  
**CLUB/INSTITUTE:** Albany Creek /QAS  
**TRAINS (Pool):** Albany Creek  
**COACH:** John Rodgers



### Individual Australian Long Course Titles: 3

3 - 200m individual medley (06, 07, 08)

**CAREER HIGHLIGHTS:** Bronze medallist in 4x100m free at 2005 FINA World Championship....tenth in 200m IM at 2005 and 2007 FINA World Championships....fourth in 200m IM at 2006 Commonwealth Games....six-time finalist in IM at three FINA World Short Course Championships....won bronze medals in 4x100m & 4x200m free at 2006 Pan Pacific Championships....claimed three gold and two bronze at the 2004 Oceania Championships....has won eleven gold at Australia Short Course Championships

#### IN 2008

Won 200m IM and was fourth in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney....placed fourth in 100 & 200m IM, was fifth in 4x100m free and twelfth in 400m IM at FINA World Short Course Championships in Manchester

#### IN 2007

Won 200m IM, was third in 400m IM, fourth in 100m fly and seventh in the 200m free at the Telstra Australian Championships in Brisbane (Dec 06)....finished tenth in the 200m IM at FINA World Championships in Melbourne....was second in 4x100m medley (free leg), third in 200m IM and sixth in 100m fly at Fujitsu Duel in the Pool in Sydney....won 100, 200m, 400m IM treble at Telstra Australian Short Course Championships in Melbourne.... broke Australian record in 100 (twice) & 200m IM at Australian Short Course

Championships....placed fifth in 200m IM at Japan International Swim Meet in Chiba....won silver in 100m IM, was third 200 & 400m IM at the FINA World Cup in Sydney

#### IN 2006

Australian champion in the 200m IM at Telstra Commonwealth Games Trials in Melbourne....finished 4th in 200m IM at Commonwealth Games in Melbourne....fourth in 200m IM, seventh in 400m IM & tenth in 100m IM at FINA World Short Course Championships in Shanghai....won (Barcelona) and was second (Canet) in the 200m IM on Mare Nostrum series....won bronze in 4x100m & 4x200m free, was fourth in 200m IM, sixth in 400m IM and eighth in 200m free at Pan Pacific Championships in Victoria, BC.... won 100, 200 and 400m IM at Telstra Australian Short Course Championships in Hobart....broke Australian record in 100 & 200m IM at Australian Short Course Championships

#### IN 2005

Bronze medallist in 4x100m free & 10th in 200m IM at FINA World Championship in Montreal....grabbed silver in the 200m IM & bronze in the 400m IM at the Telstra Trials in Sydney.... broke own Australian Age record for the 200m IM posting a 2:01.70 at the 2005 Fisher & Paykel Australian Age Championships in Brisbane....won 100, 200 and 400m IM at Telstra Australian Short Course Championships in Melbourne

#### IN 2004

A finalist in the 200m IM and 100m back at the Telstra Olympic Team Selection Trials in Sydney....member of the 2004 Oceania Championship team in Suva where he won 3 gold and 2 bronze....the winner of the 100 and 200m IM at the Telstra Australian Short Course Championships in Brisbane....placed eighth in 200m IM & 10th in 100m IM at FINA World Short Course Championships in Indianapolis

#### IN 2003

Dual silver medallist at the Australian Olympic Youth Festival in Sydney....a semi finalist in the 200m IM at the Telstra Australian Championships in Sydney....multiple gold medallist on the Fisher & Paykel Trans Tasman series....a finalist in the 100m IM at the Telstra Australian Short Course Championships in Hobart

#### PREVIOUS YEARS

**2002**....Gold medallist in the 200 and 400m IM at the Australian Age championships in Sydney....member of the Fisher and Paykel Trans Tasman team....semi finalist at the Telstra Australian Short Course Championships....**2001**....silver medallist in the 200m IM at the Tip Top Australian Age championships in Melbourne....**2000**....silver medallist in the 100m breast at the Tip Top Australian Age Championships in Perth

## OUT OF THE POOL

**FAMILY MEMBERS:** Mother- Robyn, Father- Andrew, Siblings - Sam and Stephanie;

## PERSONAL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** None; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I'm half New Zealander; **SUPERSTITIONS:** If I think of doing something I have to do it because something bad will happen; **ULTIMATE RELAXATION:** Sleeping and watching TV; **SPECIALTY IN THE KITCHEN:** Frozen food; **ONE THING YOU CAN'T LIVE WITHOUT:** Food; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Sleep, hang out with mates

#### FAVOURITE

**SPORTING TEAM:** All Blacks and Manly Sea Eagles; **MOVIES:** Anchorman, Old Skool; **TV SHOW:** Wild Boyz, Family Guy, Futurama, Simpsons; **BANDS/MUSIC:** Electronica; **DRINK:** Ice break **SWIM MEET:** Any one that I'm tapered for; **HOBBIES:** Surfing; **PETS:** Dog; **LAST BOOK READ:** Can't remember; **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?:** My brother Sam was in the Youth Olympics in 2003; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My mother because she cooks me dinner; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Insane party animal; **SWIMMING CAREER ULTIMATE GOAL:** Medal in the Olympics; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Moving interstate; **WHAT AGE DID YOU START SWIMMING AND WHY?** Age 8 so that I didn't drown; **FAVOURITE SWIMMER AND WHY?** Sabir Muhammad because he is so fast; **FAVOURITE ATHLETE AND WHY?** Steve Menzies, old war horse and still going strong;

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	3 <sup>rd</sup> 4x100m free; 10 <sup>th</sup> 200m IM
	Melbourne, Australia	2007	10 <sup>th</sup> 200m IM
Commonwealth Games	Melbourne, Australia	2006	4 <sup>th</sup> 200m IM
World Short Course	Indianapolis, USA	2004	8 <sup>th</sup> 200m IM; 10 <sup>th</sup> 100m IM
	Shanghai, China	2006	4 <sup>th</sup> 200m IM; 7 <sup>th</sup> 400m IM, 4x100m free (heat swim); 10 <sup>th</sup> 100m IM
	Manchester, England	2008	4 <sup>th</sup> 100m, 200m IM; 5 <sup>th</sup> 4x100m free; 12 <sup>th</sup> 400m IM
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 4x100m, 4x200m free; 4 <sup>th</sup> 200m IM; 6 <sup>th</sup> 400m IM; 8 <sup>th</sup> 200m free
Duel in the Pool	Irvine, USA	2005	4 <sup>th</sup> 200m IM; 5 <sup>th</sup> 100m fly; 6 <sup>th</sup> 50m free
	Sydney, Australia	2007	2 <sup>nd</sup> 4x100m medley; 3 <sup>rd</sup> 200m IM; 6 <sup>th</sup> 100m fly
Oceania Champs	Suva, Fiji	2004	1 <sup>st</sup> 100m, 4x50m, 4x100m free; 3 <sup>rd</sup> 200m back, 200m IM; 4 <sup>th</sup> 50m back; 6 <sup>th</sup> 50m free
Australian Youth Olympic Festival	Sydney, Australia	2003	2 <sup>nd</sup> 100m back, 200m IM; 3 <sup>rd</sup> 4x100m medley
Japan International Swim Meet	Chiba, Japan	2007	5 <sup>th</sup> 200m IM

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	49.19	8th	2008 Aust. Champs
200m freestyle	1:47.47	8th	2008 Aust. Champs
100m butterfly	53.58		2007 International Seven Hills Trophy
200m IM	1:59.90	2nd	2008 Aust. Champs
400m IM	4:21.65		2006 Pan Pacs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	47.90 (relay leadoff)	8th	2008 World Champs
200m freestyle	1:46.25		2007 Aust. Champs
100m IM	52.76	Australian Record	2007 Aust. Champs
200m IM	1:54.66	Australian Record	2007 Aust. Champs
400m IM	4:08.49	2nd	2006 Aust. Champs



## ASHLEY CALLUS

**NICKNAME:** Ash  
**D.O.B:** 10/3/1979  
**AGE:** 29  
**BORN:** Brisbane, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 188cm  
**WGT:** 88kg  
**CLUB/INSTITUTE:** Redlands / QAS  
**TRAINS (Pool):** Redlands  
**COACH:** Chris Urquhart



### Individual Australian Long Course Titles: 3

50m freestyle (02, 03) 100m freestyle (03)

**CAREER HIGHLIGHTS:** Sydney 2000 Olympic Games gold medallist as a member of Australia's world record breaking 4x100m free relay team....2002 FINA World Short Course 100m free champion....has won a World Championship, two Commonwealth and one Pan Pacific gold medal as a member of the 4x100m free relay team....Commonwealth and Pan Pacific 100m free silver medallist....has won two gold and two silver at three Commonwealth Games....three time Australian champion

#### IN 2008

Won silver in 50m free & was fourth in 100m free at the Telstra Australian Championships / Olympic Trials in Sydney

#### IN 2007

Was second in the 50 & 100m free and eighth in the 50m fly at the Telstra Australian Championships in Brisbane (Dec 06)....was fifth in 4x100m free and semi finalist in 50 & 100m free at FINA World Championships in Melbourne....placed fifth in 50 & 100m free at Fujitsu Duel in the Pool in Sydney....was third in 50m free & fifth in 100m free at Telstra Australian Short Course Championships in Melbourne

#### IN 2006

Bronze medal in 50m free and fourth in 100m free at 2006 Telstra Commonwealth Games Trials in Melbourne....silver medallist 4x100m free relay and finalist in 50m and 100m free at 2006 Commonwealth Games in Melbourne....won gold in 4x100m medley at FINA World Short Course Championships in Shanghai....was a finalist in 50 &

100m free at Swim Meet of Champions in Mission Viejo and Santa Clara International....was second in 100m free and fourth in 50m free at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Finished fourth in the 100m free and third in the 50m free at the Telstra Trials in Sydney....took an extended break from the pool following the Athens Olympics....claimed the 100m free and finished second in the 50m free at the Telstra Australian Short Course Championships in Melbourne....silver medallist in the 100m free and bronze in the 50m event at the FINA World Cup in Sydney

#### IN 2004

Placed second in both the 50 and 100m free at Telstra Olympic Team Selection Trials in Sydney....qualified for his second Olympic Games....finishing 26th in the 50m and 31st in the 100m free while ill at Olympic Games in Athens

#### IN 2003

Set a personal best of 48.92 at the Queensland Championships in January....went on to the Telstra Australian Championships in Sydney where he dead heated with Ian Thorpe in the 100m final and claimed his second consecutive Australian 50m title....represented Australia in Barcelona at the 2003 World Championships where he was a semi finalist in the 100m freestyle and finished fourth in the 4x100m free relay....claimed silver in both the 50 and 100 free at the FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002...** Maiden individual Australian title in the 50m free and also finish second in the 100m free at Telstra Australian Championships in Brisbane.... made his second consecutive Commonwealth Games team....also became a member of the world record breaking 4x100m medley relay team in a one off time trial at the event alongside Geoff Huegill, Matt Welsh and Jim Piper....in Manchester he was again a member of the victorious 4x100 metre free relay team and finished second in the 100m free.... repeated the performance with the relay gold and 100m free silver at the Pan Pacific Championships in Yokohama....claimed gold in the 100m free at the FINA World Short Course Championships in Moscow in a new Australian record....won the 50m free at the Telstra Australian Short Course Championships in Melbourne....**2001...** Won silver in both the 50 and 100m free at the Telstra Australian Championships in Hobart....made his FINA World Championship debut in Fukuoka claiming gold as a member of the 4x100m free relay team and was also a finalist in his individual 100m event....gold medallist in the 100m free and silver in the 50m free at the Telstra Australian Short Course Championships in Perth....silver medallist in the 100m free and bronze medallist in the 50m event at the Telstra World Cup in Melbourne....**2000...** Placed third in the 50 and 100m free at the Telstra Olympic Selection Trials....swam the second leg and won gold in 4x100m free at Sydney Olympics....**PREVIOUS...** made his Australian team debut at the 1998 Commonwealth Games as a gold medallist in the 4x100m free relay team, was also a finalist in the 50m free in Kuala Lumpur

### OUT OF THE POOL

**FAMILY MEMBERS:** Father - John, Mum - Sue, Brother - Murray; **WHAT OR WHO INSPIRES YOU:** Swim team; **ROLE**

**MODELS:** Michael Jordan.

### PERSONAL

**STUDIES/OCCUPATION:** PT; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** League, basketball;

**INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** Cry during movies; **SUPERSTITIONS:**

**ULTIMATE RELAXATION:** Beach; **SPECIALITY IN THE KITCHEN:** Microwave meals; **ONE THING YOU CAN'T LIVE WITHOUT:**

Hair clippers; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Sleep, eat.

### FAVOURITE

**SPORTING TEAM:** Gold Coast Titans; **TV SHOW:** Home and Away; **BAND/MUSIC:** House; **FOOD:** Steak; **DRINK:** Water; **SWIM**

**MEET:** Beau Desert meet; **PETS:** Dog; **BEST MATES:** Seven; **LAST BOOK YOU READ:** Can't remember; **WHAT'S YOUR**

**GREATEST ASSET?** Looks; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT**

**A NATIONAL LEVEL?** Dad - League; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** Father and

mother; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Sexy, smart and shaved; **SWIMMING SHORT TERM**

**GOALS:** Win; **SWIMMING CAREER ULTIMATE GOAL:** Win; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Illness and injury; **WHAT AGE DID YOU START SWIMMING AND WHY?** 16, won first race; **FAVOURITE SWIMMER AND WHY?** Duncan Armstrong. Awesome race in '88 to win gold; **FAVOURITE ATHLETE AND WHY?** Same as above; **NOTABLE QUOTE:** Work hard, give everything 100%

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	1 <sup>st</sup> 4x100m free
	Athens, Greece	2004	6 <sup>th</sup> 4x100m free (heat swim); 26 <sup>th</sup> 50m free; 31 <sup>st</sup> 100m free
World Champs	Fukuoka, Japan	2001	1 <sup>st</sup> 4x100m free; 7 <sup>th</sup> 100m free
	Barcelona, Spain	2003	4 <sup>th</sup> 4x100m free; 10 <sup>th</sup> 100m free; 26 <sup>th</sup> 50m free
	Melbourne, Australia	2007	5 <sup>th</sup> 4x100m free; 15 <sup>th</sup> 50m free; 16 <sup>th</sup> 100m free
Commonwealth Games	Kuala Lumpur, Malaysia	1998	1 <sup>st</sup> 4x100m free; 5 <sup>th</sup> 50m free
	Manchester, England	2002	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 100m free; 5 <sup>th</sup> 50m free
	Melbourne, Australia	2006	2 <sup>nd</sup> 4x100m free; 6 <sup>th</sup> 100m free; 8 <sup>th</sup> 50m free
World Short Course	Athens, Greece	2000	7 <sup>th</sup> 100m free; 5 <sup>th</sup> 4x100m free; 4x100m medley
	Moscow, Russia	2002	1 <sup>st</sup> 100m free; 6 <sup>th</sup> 50m free
	Shanghai, China	2006	1 <sup>st</sup> 4x100m medley; 7 <sup>th</sup> 4x100m free (heat swim); 9 <sup>th</sup> 100m free
Pan Pacific Champs	Yokohama, Japan	2002	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 100m free; 4 <sup>th</sup> 50m free
Duel in the Pool	Sydney, Australia	2007	5 <sup>th</sup> 50m, 100m free
Goodwill Games	Brisbane, Australia	2001	1 <sup>st</sup> overall men's team; 3 <sup>rd</sup> 100m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.01	2 <sup>nd</sup>	2008 Telstra GP 2
100m freestyle	48.68	6 <sup>th</sup>	2008 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	21.32	2 <sup>nd</sup>	2008 Telstra GP 1
100m freestyle	46.99	2 <sup>nd</sup>	2002 World Champs

# CATE CAMPBELL

## NICKNAME:

**D.O.B:** 20/5/1992  
**AGE:** 16  
**BORN:** Blantyre, Malawi  
**LIVES:** Brisbane, QLD  
**HGT:** 181cm  
**WGT:**  
**CLUB/INSTITUTE:** Indooroopilly/QAS  
**TRAINS (Pool):** Indooroopilly  
**COACH:** Simon Cusack

## Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Claimed two gold and a bronze at 2007 Australian Youth Olympic Festival...has won five Australian Age titles.... represented Australia at 2006 Fisher & Paykel Trans Tasman Series...was third in 50m free at 2007 Fujitsu Duel in the Pool.... won 50m free and picked up silver in 100m free at 2007 Japan International Swim Meet in Chiba....set (then) Commonwealth record in 50m free at 2007 Japan International Swim Meet

### IN 2008

Won silver in 50 & 100m free at the Telstra Australian Championships / Olympic Trials in Sydney....won gold in 50m free at

Australian Age Championships in Brisbane.... won 50 & 100m free at Santa Clara International in Santa Clara

### IN 2007

Was fourth in the 50m free at the Telstra Australian Championships in Brisbane (Dec 06)....claimed gold in 50m & 4x100m free and bronze in 100m free at Australian Youth Olympic Festival in Sydney....was third in 50m free at Fujitsu Duel in the Pool in Sydney.... claimed gold in 50 and 100m free at Australian Age Championships in Perth....won 50m free and picked up silver in 100m free at Japan International Swim Meet in Chiba....set Commonwealth record in 50m free at Japan International

Swim Meet...won silver in 50m free, was fifth in 50m fly and seventh in 100m free at Telstra Australian Short Course Championships in Melbourne

### IN 2006

Collected gold in 50 and 100m free at Fisher & Paykel Australian Age Championships in Sydney....represented Australia at Fisher & Paykel Trans Tasman Series

### IN 2005

Finalist in 50m free at Fisher & Paykel Australian Age Championships in Brisbane

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Duel in the Pool	Sydney, Australia	2007	3 <sup>rd</sup> 50m free
Australian Youth Olympic Festival	Sydney, Australia	2007	1 <sup>st</sup> 50m, 4x100m free; 3 <sup>rd</sup> 100m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 50m free; 2 <sup>nd</sup> 100m free

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	24.13	2 <sup>nd</sup>	2008 Santa Clara International
100m freestyle	53.30	2 <sup>nd</sup>	2008 Santa Clara International
50m butterfly	27.48		2007 QLD Champs

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	24.07	2 <sup>nd</sup>	2008 GP 1
100m freestyle	53.75	7 <sup>th</sup>	2008 GP 1
50m butterfly	26.59	9 <sup>th</sup>	2007 Brisbane Open



# ALICIA COUTTS

**NICKNAME:** Couttsy or Leshy  
**D.O.B:** 14/9/87  
**AGE:** 20  
**BORN:** Brisbane, QLD  
**LIVES:** Canberra, ACT  
**HGT:**  
**WGT:**  
**CLUB/INSTITUTE:** Chandler/AIS  
**TRAINS (Pool):** AIS  
**COACH:** John Fowle

**Individual Australian Long Course Titles: 0**

**CAREER HIGHLIGHTS:** Won two gold, a silver and a bronze at 2005 Jnr Pan Pacs....claimed three gold and a bronze at 2004 Oceania Championships....won silver in 200m IM at 2008 Telstra Australian Championships / Olympic Trials....placed third in 200m fly & 200m IM at 2007 Telstra Australian Championships....has won six Australian Short Course medals

## IN 2008

Won silver in 200m IM and was fifth in 100m fly at the Telstra Australian Championships / Olympic Trials in Sydney....was second in 200m IM at Monaco leg of Mare Nostrum series

## IN 2007

Was third in 200m fly & 200m IM and fifth in the 400m IM at the Telstra Australian Championships in Brisbane (Dec 06)

## IN 2006

Finished with silver in 200m IM, bronze in 100m IM, was fifth in 200m fly and seventh in 100m fly at Telstra Australian Short Course Championships in Hobart

## IN 2005

Won 4x100 & 4x200m free, was second in 100m fly and third in 200m IM at Junior Pan Pacs in Maui....was fourth in 200m fly & 400m IM and fifth in 200m IM at Telstra Trials in Sydney....finished second in 200m fly, third in 200m IM, fourth in 100m IM and eighth in 400m IM at Telstra Australian Short Course Championships in Melbourne....won two silver and a bronze at Fisher & Paykel Australian Age Championships in Brisbane

## IN 2004

Won 200m fly, 200m IM and 4x200m free, was third in 100m free, fourth in 50m free and sixth in 50m fly at Oceania Championships in Suva....finished fifth in 200m IM and eighth in 100m fly at Telstra Olympic Team Selection Trials in Sydney....won first ever Open National medal when third in 100 & 200m IM, fourth in 200m fly and seventh in 200m free at Telstra Australian Short Course Championships in Brisbane

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Junior Pan Pac Champs	Maui, USA	2005	1 <sup>st</sup> 4x100m, 4x200m free; 2 <sup>nd</sup> 100m fly; 3 <sup>rd</sup> 200m IM
Oceania Championships	Suva, Fiji	2004	1 <sup>st</sup> 200m fly, 200m IM, 4x200m free; 3 <sup>rd</sup> 100m free; 4 <sup>th</sup> 50m free; 6 <sup>th</sup> 50m fly

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m butterfly	1:00.39		2008 Aust. Champs
200m butterfly	2:09.71	8th	2007 Aust. Champs
200m IM	2:11.87	2nd	2008 Aust. Champs
400m IM	4:48.22		2007 Aust. Champs

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m butterfly	2:08.39	7th	2005 Aust. Champs

100m IM	1:01.70	10th	2004 Aust. Champs
200m IM	2:12.21		2008 Telstra GP 1
400m IM	4:42.22		2004 World Cup, Melbourne

## LARA DAVENPORT

**NICKNAME:** Lars  
**D.O.B:** 22/12/1983  
**AGE:** 24  
**BORN:** Sydney, NSW  
**LIVES:** Gold Coast, QLD  
**HGT:** 172cm  
**WGT:** 63kg  
**CLUB/INSTITUTE:** Kingscliff/NSWIS  
**TRAINS (Pool):** Kingscliff  
**COACH:** Greg Salter



**Individual Australian Long Course Titles: 0**

**CAREER HIGHLIGHTS:** Won silver as a heat swimmer in 4x200m free at 2005 FINA World Championships....added gold and silver as a heat swimmer in relays at 2006 FINA World Short Course Championships....won a gold and a silver at the 2004 Oceania Championships....claimed silver and bronze at the 2001 Australian Youth Olympic Festival....has won six medals at Australian Short Course Championships

### IN 2008

Was fourth in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney....won silver in 200m fly at Monaco leg of Mare Nostrum series....was second in 200m free at Canet leg of Mare Nostrum series

### IN 2007

Was fourth in the 200m free & 100m fly and sixth in the 100m free at the Telstra Australian Championships in Brisbane (Dec 06)....finished fourth in 4x200m free at FINA World Championships in Melbourne....finished sixth in 200m free and seventh in 100m fly at Fujitsu Duel in the Pool....was fifth in 100 & 200m fly at Telstra Australian Short Course Championships in Melbourne....placed second in 200m free and third in 400m free at FINA World Cup in Singapore

### IN 2006

Won gold in 4x200m free and silver in 4x100m free as a heat swimmer at FINA World Short Course Championships in Shanghai....semi-finalist in 100m free and 100m fly at Telstra Commonwealth Games Trials in Melbourne....finished sixth in the 200m free at Telstra Australian Short Course Championships in Hobart

### IN 2005

Won silver as a heat swimmer in 4x200m free at FINA World Championships in Montreal....finished third in 200m free at the Telstra Trials in Sydney....was third in the 200m free and fourth in the 100m free at the Telstra Australian Short Course Championships in Melbourne

### IN 2004

Finished seventh in the 200m free at the Telstra Olympic Team Selection Trials in Sydney....won gold in 200m free and silver in 200m fly at Oceania Championships in Suva....finished with bronze in the 200m free at the Telstra Australian Short Course Championships in Brisbane

### IN 2003

Claimed bronze in the 200m fly and fourth placing in the 100m event at the 2003 Telstra Australian Championships in Sydney....added bronze at the Telstra Australian Short Course Championships in the 200m fly

### PREVIOUS YEARS

**2002**...Placed fifth in both the 100 and 200m fly at the Telstra Australian Championships in Brisbane....grabbed silver in both the 100m fly and 200m free at the Australian Age championships in Sydney....finished third in both the 100 & 200m fly at the Telstra Australian Short Course Championships in Melbourne....won bronze in the 200m fly at the FINA World Cup in Melbourne....**2001**....claimed silver in the 100m fly and bronze in the 200m fly at the Australian Youth Olympic Festival....bronze medallist in the 100m fly and fourth placegetter in the 200m event the Telstra Australian Championships in Hobart....gold in the 100m fly and second in the 200m fly at the Tip Top Australian Age Championships in Melbourne....fourth in both the 100 and 200m fly at the FINA World Cup in Melbourne....**2000**...fifth place in the 100m fly, sixth in the 200m fly at the Telstra Olympic Selection Trials....silver medallist in the 100 and 200m fly at the Tip Top Australian Age Championships in Perth....silver medallist in the 100m fly and fourth in the 200m event at the Telstra Australian Short Course Championships in Melbourne

### OUT OF THE POOL

**FAMILY MEMBERS:** Mother - Shirley, Father - Mike, Brother - Adam; **WHAT OR WHO INSPIRES YOU:** People that follow their dreams; **ROLE MODELS:** Grant Hackett, Richard Branson, Lance Armstrong

**PERSONAL**

**STUDIES/OCCUPATION:** Bachelor of Social Science (Psych) Bond University; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Ballet, jazz and cross country running; **INTERESTING FACTS PEOPLE MAY NOT KNOW YOU KNOW:** **SUPERSTITIONS:** Lucky racing swim suits; **ULTIMATE RELAXATION:** Sleeping, going to the beach listening to music; **ONE THING YOU CAN LIVE WITHOUT:** Music; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Reading

**FAVOURITE**

**SPORTING TEAM:** Manly Sea Eagles; **MOVIES:** Good Will Hunting; **TV SHOW:** House; **BANDS/MUSIC:** Missy Higgins, Cat Empire, Whitlams; **CDs:** Anything; **FOOD:** Cookies; **DRINK:** Milo; **SWIM MEET:** Sydney 2000 Olympics; **HOBBIES:** Going to the beach and shopping; **PETS:** None; **WHAT'S YOUR GREATEST ASSET:** Determination; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** Family and John Delaney- taught me how to believe, how to fight and never give up! A wonderful man who lived an amazing life; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Determined, persistent and friendly; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Someone who worked hard, fulfilled their potential and followed their dreams no matter what; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Games; **PERSONAL AMBITIONS:** To have fun, work hard and make the most of every opportunity; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?:** Murder of my 5 year old niece in November 2003- Chloe Hoson; Back injury- change of strokes from butterfly to freestyle; **WHAT AGE DID YOU START SWIMMING AND WHY?** Started to learn to swim at an early age and started training at 10; **FAVOURITE SWIMMER AND WHY?** Susie O'Neill - modest, dedicated- a true champion; **FAVOURITE ATHLETE AND WHY?** **NOTABLE QUOTE:** 'If you have a dream, live that dream and someday your dream will come true.' "Hope sees the invisible, feels the intangible and achieves the impossible".

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	2 <sup>nd</sup> 4x200m free (heat swim)
	Melbourne, Australia	2007	4 <sup>th</sup> 4x200m free
World Short Course	Shanghai, China	2006	1 <sup>st</sup> 4x200m free (heat swim); 2 <sup>nd</sup> 4x100m free (heat swim)
Duel in the Pool	Irvine, USA	2005	Did not swim
	Sydney, Australia	2007	6 <sup>th</sup> 200m free; 7 <sup>th</sup> 100m fly
Oceania Championships	Suva, Fiji	2004	1 <sup>st</sup> 200m free; 2 <sup>nd</sup> 200m fly
Australian Youth Olympic Festival	Sydney, Australia	2001	2 <sup>nd</sup> 100m fly, 4x200m free; 3 <sup>rd</sup> 200m fly, 4x100m free, 4x100m medley; 9 <sup>th</sup> 200m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	55.82		2007 Aust. Champs
200m freestyle	1:58.55		2008 Aust. Champs
100m butterfly	59.76	8 <sup>th</sup>	2007 Aust. Champs
200m butterfly	2:11.44		2003 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	54.95		2005 Aust. Champs
200m freestyle	1:57.71		2005 Aust. Champs
400m freestyle	4:09.68		2007 World Cup, Sydney
200m butterfly	2:08.03	6 <sup>th</sup>	2003 World Cup, Berlin



## ASHLEY DELANEY

**NICKNAME:** Ash  
**D.O.B:** 11/04/1986  
**AGE:** 22  
**BORN:** Sale, VIC  
**LIVES:** Canberra, ACT  
**HGT:** 184  
**WGT:** 80kg  
**CLUB/INSTITUTE:** AIS/Nunawading  
**TRAINS (Pool):** AIS  
**COACH:** Vince Raleigh

### Individual Australian Long Course Titles: 1

1 - 100m backstroke (08)

**CAREER HIGHLIGHTS:** Won bronze in 50m back at 2008 FINA World Short Course Championships....was a finalist in 100m back at 2006 Pan Pacific Championships....added four gold at 2006 Oceania Championships....won 100m back at 2008 Telstra Australian Championships / Olympic Trials....was third in the 100m back at the 2007 Fujitsu Duel in the Pool.... won 4x100m medley, was fifth in 100m back & sixth in 200m back at 2007 Japan International Swim Meet

#### IN 2008

Won 50 & 100m back and was second in 200m back at the Telstra Australian Championships / Olympic Trials in Sydney....set Australian record in 100m back at Australian Championships....won bronze in 50m back, was fourth in 200m back & 4x100m medley and fifth in 100m back at FINA World Short Course Championships in Manchester....set Commonwealth record

in 200m back and equalled Australian in 100m back at World Short Course Championships....won 50, 100 & 200m back at Monaco leg of Mare Nostrum series....won 100 & 200m back, was second in 50m back at Barcelona leg of Mare Nostrum series

#### IN 2007

Was second in 50m back, third in 100m back and fifth in 200m back at the Telstra Australian Championships in Brisbane (Dec 06)....was third in the 100m back at the Fujitsu Duel in the Pool in Sydney....won three times in Mare Nostrum Series....won 4x100m medley, was fifth in 100m back & sixth in 200m back at Japan International Swim Meet in Chiba....won silver in 200m back, was third in 50 & 100m back at Telstra Australian Short Course Championships in Melbourne....was second in 50, 100 & 200m back at FINA World Cup in Singapore

#### IN 2006

Finished third in 100m, sixth in 50m & eighth in 200m back at Telstra Commonwealth Games Trials in Melbourne....won gold in 50m, 100m and 200m back & 4x100m medley and was fifth in 50m free at Oceania Championships in Cairns....won 100m back at Swim Meet of Champions in Mission Viejo....won 100m back at Telstra GP2 in Brisbane....moved to AIS in Canberra in July....was sixth in 100m back on senior international debut at Pan Pacific Championships in Victoria, BC....was second in 50 & 100m back and fourth in 200m back at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Placed fourth in 100m, sixth in 50m and eighth in 200m back at Telstra Australian Short Course Championships in Melbourne

## OUT OF THE POOL

**FAMILY MEMBERS:** Kevin Delaney, Lorrae Delaney; **WHAT OR WHO INSPIRES YOU:** Any great sporting moments;

**ROLE MODELS:** My nana

## PERSONAL

**STUDIES/OCCUPATION:** Athlete; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Golf, rugby;

**INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I like playing golf; **SUPERSTITIONS:** None;

**ULTIMATE RELAXATION:** Sleeping; **SPECIALTY IN THE KITCHEN:** Meat loaf; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Play golf

## FAVOURITE:

**SPORTING TEAM:** Brisbane Broncos; **MOVIES:** Troy; **TV SHOW:** Prison Break, Lost; **BANDS/MUSIC:** Any music;

**FOOD:** Pizza; **DRINK:** Vanilla coke; **SWIM MEET:** Nationals; **HOBBIES:** Playing golf; **PETS:** Chubbs; **BEST MATES:**

Lays, Nick, Dyson; **WHAT'S YOUR GREATEST ASSET?** My 50inch plasma; **HAVE ANY OF YOUR FAMILY**

**MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Granddad was a boxer;

**WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** All of my family because they have gotten

me where I am today; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Fun relaxed committed; **HOW**

**WOULD YOU LIKE TO BE REMEMBERED?** As a good swimmer; **SWIMMING CAREER ULTIMATE GOAL:** Win a medal at the Olympics; **PERSONAL AMBITIONS:** Get better at golf;

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Short Course	Manchester, England	2008	3 <sup>rd</sup> 50m back; 4 <sup>th</sup> 200m back, 4x100m medley; 5 <sup>th</sup> 100m back
Pan Pacific Champs	Victoria, BC, Canada	2006	6 <sup>th</sup> 100m back
Duel in the Pool	Sydney, Australia	2007	3 <sup>rd</sup> 100m back; 7 <sup>th</sup> 200m back
Oceania Champs	Cairns, Australia	2006	1 <sup>st</sup> 50m, 100m, 200m back, 4x100m medley; 5 <sup>th</sup> 50m free
Japan International Swim Meet	Chiba, Japan	2007	3 <sup>rd</sup> 4x100m medley; 5 <sup>th</sup> 100m back; 6 <sup>th</sup> 200m back

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	23.51		2006 QLD Long Course
50m backstroke	25.10	3 <sup>rd</sup>	2008 Telstra GP 2
100m backstroke	53.68	Australian Record	2008 Aust. Champs
200m backstroke	1:57.22	2 <sup>nd</sup>	2008 Mare Nostrum, Barcelona

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	23.57	2 <sup>nd</sup>	2008 World Champs
100m backstroke	50.71	=Australian Record	2008 World Champs
200m backstroke	1:50.49	Commonwealth Record	2008 World Champs

# SOPHIE EDINGTON

**D.O.B:** 12/12/1984  
**AGE:** 23  
**BORN:** Loxton, South Australia  
**LIVES:** Kingscliff, Gold Coast  
**HGT:** 179cm  
**WGT:** 65kg  
**CLUB/INSTITUTE:** Kingscliff / NSWIS  
**TRAINS (Pool):** Kingscliff  
**COACH:** Greg Salter



## Individual Australian Long Course Titles: 1

1 - 50m backstroke (08)

**CAREER HIGHLIGHTS:** Triple Commonwealth Games gold medallist in 2006 including world record breaking 4x100m medley team...won gold swimming the lead off back leg in the 4x100m medley relay at 2005 FINA World Championships in Montreal....picked up a second gold as a heat swimmer in the 4x100m free relay team....gold medallist in the world record breaking 4x100m medley relay at the 2004 FINA World Short Course in Indianapolis, also claimed bronze medals in both the 50 and 100m back....has won four Australian Short Course titles....current world record holder in 50m back (long course)

### IN 2008

Won 50m back, was second in 100m back and third in 50m free at the Telstra Australian Championships / Olympic Trials in Sydney....set world record in 50m back at Australian Championships / Olympic Trials....won 50m back at Monaco leg of Mare Nostrum series....won 50m back at Barcelona leg of Mare Nostrum series....won 100m back, was second in 50m free at Canet leg of Mare Nostrum series

### IN 2007

Was second in 50m back and third in 100m back at the Telstra Australian Championships in Brisbane (Dec 06)....was sixth in 100m back and seventh in 200m back at Fujitsu Duel in the Pool....won six gold at South African Championships in Durban....won three times in Mare Nostrum Series and finished second in Overall Trophy....won silver in 200m back, bronze in 50 & 100m back at FINA World Cup in Durban....won 50 & 200m back, was second in 100m back and third in 50m free and 50m fly at FINA World Cup in Singapore....was second in

the 50 & 100m back at the FINA World Cup in Sydney

### IN 2006

Gold medallist in 50m and 100m back and 4x100m medley relay (world record) as well as finalist in 200m back (4th) at 2006 Commonwealth Games in Melbourne....claimed three silver medals in 50m, 100m and 200m back at Telstra Commonwealth Games Trials in Melbourne....won gold (as a heat swimmer) in 4x100m medley and silver in 4x100m free at FINA World Short Course Championships in Shanghai....added a silver and three bronze from Mare Nostrum series....won 50 & 100m back, was third in 200m back and eighth in 50m free at Telstra Australian Short Course Championships in Hobart

### IN 2005

Won gold with the back leg in Australia's 4x100m medley relay at the FINA World Championships in Montreal and was also a heat swimmer in the victorious 4x100m free relay....placed fifth in the 50m back and eighth in the 100m back at the World Championships....finished second in both the 50 and 100m back at the Telstra Trials in Sydney....cracked the Australian 100m back record on the last night of the Telstra Trials, in a medley relay, clocking 1:01.09....was second in the 100m & 200m back and third in the 50m free and back at the 2005 Telstra Australian Short Course Championships in Melbourne

### IN 2004

Finished third in the 100m back at the Telstra Olympic Team Selection Trials and also took fifth in the 200m event and seventh in the 100m free....dead heated for gold with training partner Tay

Zimmer in both 50 & 100m back at Telstra Australian Short Course Championships in Brisbane.... finished 3rd in both the 50 & 100m back before leading off the victorious world record breaking Australian women's 4x100m medley relay team at FINA World Short Course Championships in Indianapolis

### IN 2003

Finished 2nd in the 50m back and 6th in the 100m free at the Telstra Australian Championships in Sydney....grabbed a bronze medal as a heat swimmer in the 4x100m free as well as finishing 18th in the 50m back at the FINA World Championships in Barcelona

### PREVIOUS YEARS

**2002**....Was a finalist in the 50 and 100m back and 50m free at the Telstra Australian Championships in Brisbane....won the 100m back at the Australian Age Championships in Sydney....represented Australia at the Oceania Championships in Noumea.... **2001**....bronze medallist in the 50m back and finalist in the 100m back and 50m free at the Telstra Australian Championships in Hobart....member of the East Asian Games team competing in Osaka, Japan....winner of the 50m free and 100m back at the Tip Top Australian Age Championships in Melbourne....bronze medallist in the 50m back and free at the Telstra Australian Short Course in Perth.... **2000**....winner of the 50m free and 100m back at the Tip Top Australian Age Championships in Perth....bronze medallist in the 50m back at the Telstra Australian Short Course Championships in Melbourne

## AWAY FROM THE POOL

**STUDIES/OCCUPATION:** I have my own swimwear company; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball **ULTIMATE RELAXATION:** A weekend away on the beach with a spa bath and a few quiet drinks; **FAVOURITE SPORTING TEAM:** Fremantle Dockers; **FAMILY MEMBERS:** Mother- Annabel, Father- Bruce, Brother- Edward, Sisters- Amy and Hannah **AGE STARTED SWIMMING:** At age 8 because my older sister swam.

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Barcelona, Spain	2003	3 <sup>rd</sup> 4x100m free (heat swim); 18 <sup>th</sup> 50m back
	Montreal, Canada	2005	1 <sup>st</sup> 4x100m medley, 1 <sup>st</sup> 4x100m free (heat swim); 5 <sup>th</sup> 50m back; 8 <sup>th</sup> 100m back
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 50m, 100m back, 4x100m medley relay; 4 <sup>th</sup> 200m back
World Short Course	Indianapolis, USA	2004	1 <sup>st</sup> 4x100m medley; 3 <sup>rd</sup> 50m, 100m back
	Shanghai, China	2006	1 <sup>st</sup> 4x100m medley (heat swim); 2 <sup>nd</sup> 4x100m free; 11 <sup>th</sup> 100m back; 14 <sup>th</sup> 200m back; 17 <sup>th</sup> 50m back
Oceania	Noumea, New Caledonia	2002	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 100m back
East Asian Games	Osaka, Japan	2001	

Goodwill Games	Brisbane, Australia	2001	
Duel in the Pool	Indianapolis, USA	2003	Did not swim
	Irvine, USA	2005	2 <sup>nd</sup> 200m back; 4 <sup>th</sup> 100m back; 6 <sup>th</sup> 50m free
	Sydney, Australia	2007	6 <sup>th</sup> 100m back; 7 <sup>th</sup> 200m back

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	27.67	World Record	2008 Aust. Champs
100m backstroke	59.84	2 <sup>nd</sup>	2008 Aust. Champs
200m backstroke	2:12.58	10 <sup>th</sup>	2006 Aust. Champs
50m freestyle	24.98	6 <sup>th</sup>	2008 Aust. Champs
100m freestyle	55.71		2005 Aust. Champs
50m butterfly	26.94	10 <sup>th</sup>	2008 NSW Open Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	27.49	5 <sup>th</sup>	2007 World Cup, Sydney
100m backstroke	58.29	4 <sup>th</sup>	2007 World Cup, Sydney
200m backstroke	2:07.30	8 <sup>th</sup>	2007 World Cup, Singapore
50m freestyle	24.97	=8 <sup>th</sup>	2004 Aust. Champs
100m freestyle	54.42		2006 Aust. Champs

## NICK FFROST

**NICKNAME:** Frosty  
**D.O.B:** 14/8/1986  
**AGE:** 21  
**BORN:** Mackay, QLD  
**LIVES:** Canberra, ACT  
**HGT:** 174cm  
**WGT:** 70kg  
**CLUB/INSTITUTE:** Southport Olympic/ AIS  
**TRAINS (Pool):** AIS  
**COACH:** Vince Raleigh



### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won silver in 4x200m as a heat swimmer at 2007 FINA World Championships....won 4x200m bronze at 2006 Commonwealth Games....claimed silver in 4x200m free & was eighth in 200m free at 2006 FINA World Short Course Championships....claimed bronze in 4x200m free at 2006 Pan Pacific Championships....won two gold medals and four silver medals at the 2004 Commonwealth Youth Games in Bendigo....finished second in 200 and 400m free at the 2006 Telstra Commonwealth Games Trials

#### IN 2008

Was seventh in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney....was second in 200m free at Barcelona leg of Mare Nostrum series

#### IN 2007

Was sixth in the 200m free at the Telstra Australian Championships in Brisbane (Dec 06)....won silver in 4x200m free as a heat swimmer at 2007 FINA World

Championships....finished eighth in 400m free at Fujitsu Duel in the Pool in Sydney....won bronze in 400m free, was seventh in 200m free at Telstra Australian Short Course Championships in Melbourne

#### IN 2006

Claimed silver in 200m and 400m free at Telstra Commonwealth Games Trials in Melbourne....won bronze in the 4x200m free, finished 8th in the 200m free and 11th in 400m free at the Commonwealth Games in Melbourne.... claimed silver in 4x200m free & was eighth in 200m free at FINA World Short Course Championships in Shanghai....was second in 200m free at Swim Meet of Champions in Mission Viejo and third in 200m free at Santa Clara International....added bronze in 4x200m free, was ninth in 200m free & 15th in the 400m free at Pan Pacific Championships in Victoria, BC

#### IN 2005

Grabbed bronze in 200m and was 8th in 400m free at Telstra Australian Short Course Championships in

Melbourne....won silver in 200 & 400m free at Fisher & Paykel Australian Age Championships in Brisbane....was ninth in 200m free at Telstra Trials in Sydney....made finals of the 200m and 400m free at Durban & Sydney rounds of FINA World Cup

#### IN 2004

Won two gold and four silver medals at Commonwealth Youth Games in Bendigo....was a finalist in 200 & 400m free at Telstra Australian Short Course Championships in Brisbane

#### IN 2003

Claimed bronze in 200m free at Fisher & Paykel Australian Age Championships in Brisbane

#### PREVIOUS YEARS

**2002**....finished fourth in 200m free at Australian Age Championships in Sydney....**2001**....won bronze in 100m fly at Tip Top Australian Age Championships in Melbourne

### OUT OF THE POOL

**FAMILY MEMBERS:** Father - Peter, Mum - Gillian, Brother - Tim; **WHAT OR WHO INSPIRES YOU:** Watching others perform well;

### PERSONAL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Soccer as a youngster, recreational surfing;

**INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I feel off a balcony when I was young; **SUPERSTITIONS:**

None; **ULTIMATE RELAXATION:** Watching TV; **SPECIALITY IN THE KITCHEN:** Anything on the BBQ; **ONE THING YOU**

**CAN'T LIVE WITHOUT:** Sleep; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Surf and spend time with friends.

### FAVOURITES

**SPORTING TEAM:** Broncos; **MOVIES:** Remember the Titans; **TV SHOW:** Home and Away; **BANDS/MUSIC:** Anything but Punk; **FOOD:** Seafood and Thai; **DRINK:** Juice; **SWIM MEET:** Commonwealth Games 2006; **ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** None; **WHO HAS BEEN THE**

**BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** My parents and brother because they have helped shape me into who I am; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Loves a tan; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Like to have fun and a tough competitor; **SWIMMING SHORT TERM GOALS:** Swim well at Worlds; **SWIMMING CAREER ULTIMATE GOAL:** Olympics; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** No; **WHAT AGE DID YOU START SWIMMING AND WHY?** 10 or 11; **FAVOURITE SWIMMER AND WHY?** Brenton Rickard because he's funny; **NOTABLE QUOTE:** "To give anything less than your best is to sacrifice the gift", Steve Prefontaine

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	2 <sup>nd</sup> 4x200m free (heat swim)
Commonwealth Games	Melbourne, Australia	2006	3 <sup>rd</sup> 4x200m free; 8 <sup>th</sup> 200m free; 11 <sup>th</sup> 400m free
World Short Course	Shanghai, China	2006	2 <sup>nd</sup> 4x200m free; 8 <sup>th</sup> 200m free; 25 <sup>th</sup> 400m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 4x200m free; 9 <sup>th</sup> 200m free; 15 <sup>th</sup> 400m free
Duel in the Pool	Sydney, Australia	2007	8 <sup>th</sup> 400m free
Youth Commonwealth Games	Bendigo, Victoria	2004	1 <sup>st</sup> 4x100m, 4x200m free; 2 <sup>nd</sup> 100m, 200m, 1500m free; 4 <sup>th</sup> 400m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL TIME AUST RANKING	MEET
100m freestyle	50.06		2008 Mare Nostrum, Barcelona
200m freestyle	1:47.70	10 <sup>th</sup>	2008 Aust. Champs
400m freestyle	3:51.93		2006 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	48.92		2007 Aust. Champs
200m freestyle	1:45.63		2008 Telstra GP 1
400m freestyle	3:44.44	9 <sup>th</sup>	2007 Aust. Champs

# SALLY FOSTER

**NICKNAME:** N/A  
**D.O.B:** 13/04/85  
**AGE:** 23  
**BORN:** WA  
**LIVES:** Canberra, ACT  
**HGT:** 172 cm  
**WGT:** 60kg  
**CLUB/INSTITUTE:** Central Aquatic SLC / AIS  
**TRAINS (Pool):** AIS  
**COACH:** Shannon Rollason



## Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won gold as a heat swimmer in 4x100m free at 2007 FINA World Championships...won silver in 200m breast and 4x100m free (heat swim) at 2008 FINA World Short Course Championships...finalist in 200m breast at 2006 Commonwealth Games...won two gold, two silver and a bronze at 2004 Oceania Championships...has claimed four Australian long course & five Australian short course medals

### IN 2008

Was second in 200m breast, fifth in 50m free and sixth in 100m breast at the Telstra Australian Championships / Olympic Trials in Sydney...won silver in 200m breast and 4x100m free (heat swim) at FINA World Short Course Championships in Manchester...won 200m breast, was third in 100m breast at Monaco leg of Mare Nostrum series... was third in 200m breast at Barcelona leg of Mare Nostrum series

### IN 2007

Was second in the 200m breast, third in 100m breast and fifth in 50m free at the Telstra Australian Championships in Brisbane (Dec 06)...won gold as a heat swimmer in 4x100m free and finished 18th in 200m breast at FINA World Championships in Melbourne...placed fourth in 200m breast and eighth in 100m

### OUT OF THE POOL

**FAMILY MEMBERS:** Mother - Debra, Father - Ken, Sister - Tammy, Brother - Tom; **WHAT OR WHO INSPIRES YOU:** My family and the girls I train with;

### PERSONAL

**STUDIES/OCCUPATION:** AIS Nutrition Department Athlete trainee and AIS finance department; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Women's AFL at High School, Gymnastics; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** My Mum, Nanna and Grandad, Aunties and Uncles are all swimming coaches; **SUPERSTITIONS:** None; **ULTIMATE RELAXATION:** Sleeping, shopping with friends; **SPECIALTY IN THE KITCHEN:** Anything sweet; **ONE THING YOU CAN'T LIVE WITHOUT:** My family and chocolate; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Relax, shop, be with my family and friends

breast at Fujitsu Duel in the Pool in Sydney...won three times in Mare Nostrum Series...was second in 200m breast, fourth in 100m breast, fifth in 50m breast and sixth in 50 & 100m free at Telstra Australian Short Course Championships in Melbourne...won silver in 200m breast and bronze in 50m free at the FINA World Cup in Sydney

### IN 2006

Finished fifth in 200m breast at Commonwealth Games in Melbourne...claimed first National open long course medal by winning silver in 200m breast at Telstra Commonwealth Games Trials in Melbourne...also was fifth in 50m and sixth in 100m breast and seventh in 50m free at Trials...won four silver and five bronze at Mare Nostrum series...won silver in 50m free & 200m breast, bronze in 100m breast and was fifth in 100m free at Telstra Australian Short Course Championships in Hobart

### IN 2005

Finished fourth in 200m, seventh in 50m and 100m breast at Telstra Trials in Sydney...fourth in 200m breast, fifth in 50 & 100m breast plus sixth in 50m free and 100m IM at Telstra Australian Short Course Championships in Melbourne...won a bronze in 200m breast at FINA World Cup meet in Sydney

### IN 2004

Won two gold, two silver and a bronze at 2004 Oceania Championships in Suva...was fourth in 200m breast, sixth in 50 & 100m breast at Telstra Olympic Team Selection Trials in Sydney...added first ever National medal with bronze in 200m breast as well as sixth in 50m and seventh in 100m breast at Telstra Australian Short Course Championships in Brisbane

### IN 2003

Seventh in 50m breast at the Telstra Australian Championships in Sydney... fourth in 100m breast at Telstra Australian Short Course Championships in Hobart...finished fifth in 200m at FINA World Cup in Melbourne...double breast finalist at Fisher & Paykel Australian Age Championships in Brisbane

### PREVIOUS YEARS

**2002...**was sixth in 50m breast at Telstra Australian Short Course Championships in Melbourne...was a finalist in 100 & 200m breast and 50 & 100m free at Australian Age Championships in Sydney...**2001...**contested Telstra Australian Short Course Championships in Perth & Tip Top Australian Age Championships in Melbourne

## FAVOURITE

**SPORTING TEAM:** Eagles (AFL); **MOVIES:** Dirty Dancing, XMen 1,2, 3; **TV SHOW:** Grey's Anatomy; **BANDS/MUSIC:** The Darkness and anything and everything I can sing or dance to; **FOOD:** Everything; **DRINK:** Coke, water; **SWIM MEET:** National Opens, AIS meet; **HOBBIES:** Painting and shopping; **PETS:** In WA, a golden retriever, Ivory and a black Labrador, Ebony and a cat. At AIS, a fish called Lazer; **WHAT'S YOUR GREATEST ASSET?** My optimism, happy nature (broad shoulders); **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** My great Aunt Evelyn deLacy went to 1986 Berlin Olympics. My mum was a national champion swimmer and Dad was a polocross and equestrian rider; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My family, they got me interested in swimming and have supported me and been there for me every step of the way. **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Optimistic, happy and strong; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As myself and for getting the best out of myself every day; **SWIMMING CAREER ULTIMATE GOAL:** Making and swimming at an Olympics Games and someday winning a medal. Being happy with what ever I do; **PERSONAL AMBITIONS:** To be happy in what ever I do. To have fun and to get the best out of myself each day; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** No I don't believe in obstacles; **WHAT AGE DID YOU START SWIMMING AND WHY?** Before I could walk (family of swimmers and coaches); **FAVOURITE SWIMMER AND WHY?** Alex Popov - most beautiful freestyler I have ever seen and great swimmer. **NOTABLE QUOTE:** When in doubt make a fool of yourself. There is a microscopically thin line between being brilliantly creative and acting like the most gigantic idiot on earth. So what the hell leap!

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m free (heat swim); 18 <sup>th</sup> 200m breast
Commonwealth Games	Melbourne, Australia	2006	5 <sup>th</sup> 200m breast
World Short Course	Manchester, England	2008	2 <sup>nd</sup> 200m breast, 4x100m free (heat swim)
Duel in the Pool	Sydney, Australia	2007	4 <sup>th</sup> 200m breast; 8 <sup>th</sup> 100m breast
Oceania Champs	Suva, Fiji	2004	1 <sup>st</sup> 200m breast, 4x50m free; 2 <sup>nd</sup> 50m, 100m breast; 3 <sup>rd</sup> 50m free

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	31.78	= 7th	2006 Aust. Champs
100m breaststroke	1:08.40	7th	2008 Seven Hills Invitational
200m breaststroke	2:24.81	=3rd	2008 Seven Hills Invitational
50m freestyle	25.21	7th	2008 Aust. Champs
100m freestyle	55.56		2007 NSW Open Champs

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	31.20	9th	2007 Grand Prix 2 / 2007 Aust. Champs
100m breaststroke	1:06.03	7th	2008 Telstra GP 1
200m breaststroke	2:20.11	2nd	2008 World Champs
50m freestyle	24.69	5th	2008 Telstra GP 1
100m freestyle	54.11		2007 Aust. Champs



## FELICITY GALVEZ

**NICKNAME:** Flis, Flea and Felix  
**D.O.B:** 4/3/1985  
**AGE:** 23  
**BORN:** Melbourne, VIC  
**LIVES:** Canberra, ACT  
**HGT:** 167cm  
**WGT:** 60kg  
**CLUB/INSTITUTE:** SOPAC/AIS  
**TRAINS (Pool):** AIS  
**COACH:** John Fowlie



### Individual Australian Long Course Titles: 1

200m butterfly (03)

**CAREER HIGHLIGHTS:** 2004 Athens Olympian and finalist in the 200m fly at the Games finishing fifth....won two gold and two silver at 2008 FINA World Short Course Championships....set two world records at 2008 FINA World Short Course Championships....2005 & 2007 FINA World Championship gold medallist as a heat swimmer in the 4x100m medley relay team swimming the fly leg....silver medallist at 2006 Commonwealth Games....finalist in the 200m fly at two FINA World Championships and 2002 Pan Pacific Championships....the Australian 200m fly champion in 2003....won 100 & 200m fly double at 2007 Telstra Australian Short Course Championships....current 50m fly (short course) world record holder

#### IN 2008

Was third in 100 & 200m fly, fourth in 50m fly and seventh in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney....won 50 & 100m fly, was second in 200m fly and 4x100m medley at FINA World Short Course Championships in Manchester....set world record in 50 & 100m fly at World Short Course Championships....won 50 & 200m fly and was third in 200m free at Monaco leg of Mare Nostrum Series....won 100 & 200m fly and was second in 50m fly at Barcelona leg of Mare Nostrum Series

#### IN 2007

Was second in the 200m fly, third in the 100m fly and fourth in the 50m fly at the Telstra Australian Championships in Brisbane (Dec 06)....won gold as a heat swimmer in 4x100m medley and was ninth in the 200m fly at the FINA World Championships in

Melbourne....fourth in the 100 & 200m fly at the Fujitsu Duel in the Pool in Sydney....won five gold in Mare Nostrum series....won 100 & 200m fly, was second in 50m fly at Telstra Australian Short Course Championships in Melbourne....won 100 & 200m fly, was second in 50m fly at the FINA World Cup in Sydney

#### IN 2006

Won silver and swam PB in 200m fly at Commonwealth Games in Melbourne....set three personal best performances highlighted by her second placing in the 200m fly and subsequent selection on her maiden Commonwealth Games team at the Telstra Trials in Melbourne....also finished fourth in both the 50 and 100m fly events....won four silver and three bronze in Mare Nostrum series....won silver in 200m fly and bronze in 50 & 100m fly at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Qualified for the FINA World Championships team when she finished second in the 200m fly at the Telstra Trials in Sydney.... claimed gold as a heat swimmer in the 4x100m medley and was a finalist in the 200m fly at the World Championships in Montreal....at the FINA World Cup in Sydney finished second in the 100 and 200m butterfly and fourth in the 50m event all in personal best performances

#### IN 2004

Finished second in the 200m fly at the Telstra Trials in Sydney to earn a ticket to her first Olympics Games....set massive personal best times in all three fly events.... went on to finish 5th in the final of the 200m fly in Athens in her Olympic Games debut....returned to the Australian Short Course Championships where

she finished second in the 200m fly.... at the World Short Course Championships in Indianapolis she finished fifth in the 200m fly ....made a move at the end of the year from Sydney to Canberra to the AIS to train under Shannon Rollason

#### IN 2003

Won the 200m fly at the Telstra Trials in Sydney....went onto the World Championships in Barcelona where she finished seventh in the final....returned to Hobart where she took out both the 100 and 200m fly at the Australian Short Course Championships

#### PREVIOUS YEARS

**2002**.... was fourth in 200m fly at the Pan Pacific Championships in Yokohama....silver in the 200m fly and bronze in the 100m fly at the Telstra Australian Championships....claimed both the 100 and 200m fly titles at the Australian Age Championships....grabbed silver in both the 100 and 200m fly at the Telstra Australian Short Course Championships in Melbourne....took gold in the 200m fly and silver in the 100m event at the FINA World Cup in Melbourne  
....**2001**....bronze medallist in the 200m fly at the Telstra Australian Championships....member of the gold medal overall women's team at the Goodwill Games....silver medallist 200m fly at the Australian Age Championships....silver medallist in the 200m fly at the Australian Short Course Championships in Perth....silver medallist in the 200m fly at the FINA World Cup in Melbourne....**2000**....bronze medallist in the 200m fly and finalist in the 400m free at the Australian Age Championships in Perth....finalist in the 200m fly at the Australian Short Course Championships

#### OUT OF THE POOL

##### FAMILY MEMBERS:

Mother - Lynne, Father - Fernando, Sister - Natasha; **WHAT OR WHO INSPIRES YOU:** Family and other team mates;

#### PERSONAL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball, basketball, hockey and tennis; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU NOW:** I grew up in Spain for 8½ years; **SUPERSTITIONS:** Lucky swim suit, cap and goggles; **ULTIMATE RELAXATION:** Sleeping and watching DVD's; **SPECIALTY IN THE KITCHEN:** Burritos... still learning with Alice!; **ONE THING YOU CAN'T LIVE WITHOUT:** Chocolate; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Shopping and hanging out with friends and family

**FAVOURITE:**

**SPORTING TEAM:** Sydney Swans; **MOVIES:** 'Shawshank Redemption'; **TV SHOW:** 'Rove' and 'House'; **BANDS/MUSIC:** All top 40 count down; **CDs:** John Mayer; **FOOD:** Lots of it all; **DRINK:** Coke; **SWIM MEET:** Olympics 2004; **HOBBIES:** Learning to cook with Alice and shopping; **PETS:** Dog- 'Cleo'; **WHAT'S YOUR GREATEST ASSET?** Won't ever give up; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My parents because they are supportive and my coach because he is always pushing me; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Friendly, happy and determined; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As a great swimmer, who always supported other people, and did the best for her country; **SWIMMING CAREER ULTIMATE GOAL:** To have a successful career; **PERSONAL AMBITIONS:** To be a great make-up artist; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Just a sublux shoulder in 2003; **WHAT AGE DID YOU START SWIMMING AND WHY?** At 12 years just for fun; **FAVOURITE ATHLETE AND WHY?** **NOTABLE QUOTE:** "If life gives you lemons...make lemonade"

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	5 <sup>th</sup> 200m fly
World Champs	Barcelona, Spain	2003	7 <sup>th</sup> 200m fly
	Montreal, Canada	2005	1 <sup>st</sup> 4x100m medley (heat swim) 5 <sup>th</sup> 200m fly
	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley (heat swim) 9 <sup>th</sup> 200m fly
Commonwealth Games	Melbourne, Australia	2006	2 <sup>nd</sup> 200m fly
World Short Course	Moscow, Russia	2002	9 <sup>th</sup> 200m fly
	Indianapolis, USA	2004	5 <sup>th</sup> 200m fly
	Manchester, England	2008	1 <sup>st</sup> 50m, 100m fly; 2 <sup>nd</sup> 200m fly, 4x100m medley
Pan Pacific Champs	Yokohama, Japan	2002	4 <sup>th</sup> 200m fly 13 <sup>th</sup> 100m fly
Goodwill Games	Brisbane, Australia	2001	1 <sup>st</sup> overall team
Duel in the Pool	Indianapolis, USA	2003	4 <sup>th</sup> 200m fly; 5 <sup>th</sup> 100m fly
	Irvine, USA	2005	4 <sup>th</sup> 200m fly
	Sydney, Australia	2007	4 <sup>th</sup> 100m, 200m fly
East Asian Games	Osaka, Japan	2001	4 <sup>th</sup> 200m fly

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	26.38	4 <sup>th</sup>	2008 Mare Nostrum, Barcelona
100m butterfly	57.60	4 <sup>th</sup>	2008 Mare Nostrum, Barcelona
200m butterfly	2:07.66	5 <sup>th</sup>	2008 Mare Nostrum, Monaco
200m freestyle	1:58.39	9 <sup>th</sup>	2008 Telstra GP 2

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	25.32	World Record	2008 World Champs
100m butterfly	55.89	2 <sup>nd</sup>	2008 World Champs
200m butterfly	2:04.74	3 <sup>rd</sup>	2007 Aust. Champs
100m freestyle	53.38	6 <sup>th</sup>	2008 Telstra GP 1
200m freestyle	1:56.44	9 <sup>th</sup>	2008 Telstra GP 1

## MELISSA GORMAN

**NICKNAME:** Mel  
**D.O.B:** 11/12/1985  
**AGE:** 22  
**BORN:** Sydney, NSW  
**LIVES:** Brisbane, QLD  
**HGT:** 180cm  
**WGT:** 67kg  
**CLUB/INSTITUTE:** Redcliffe leagues Lawnton / QAS  
**TRAINS (Pool):** Redcliffe  
**COACH:** Ken Wood



### Individual Australian Long Course Titles: 3

1 - 800m freestyle (06); 2 - 1500m freestyle (06, 07)

### Individual Australian Open Water Titles: 1

1 - 10km (08)

**CAREER HIGHLIGHTS:** Silver medallist in 800m free at 2006 Commonwealth Games....2004 FINA World Short Course Championships bronze medallist in the 800m free....was fourth in 10km, sixth in 1500m & seventh in 800m at Pan Pacific Championships....dual finalist at 2003 Australian Youth Olympic Festival....won gold in 800m & 1500m free at both Commonwealth Games Trials (long course) and Australian Championships (short course) in 2006

#### IN 2008

Won 10km at the Australia Open Water Swimming Championships in Sydney (Dec 07)....was second in 800m and fifth in 400m free at the Telstra Australian Championships / Olympic Trials in Sydney....placed 25th in 10km at FINA World Open Water Championships (Olympic qualifier) in Seville....was first Oceania region swimmer to finish 10km Olympic qualifier

#### IN 2007

Won 1500m free, was fourth in the 800m free and sixth in the 400m free at the Telstra Australian Championships in Brisbane (Dec 06)....was fifth in 10km at the Swimming Australia Open Water Championships in Melbourne (Dec 06)....won 1500m free, was second in 800m free and fourth in 400m free at

Telstra Australian Short Course Championships in Melbourne

#### IN 2006

Won gold medals in 800m and 1500m free at Telstra Commonwealth Games Trials in Melbourne....claimed a silver medal in the 800m free at the 2006 Commonwealth Games....ninth 800m & 11th 400m free at FINA World Short Course Championships in Shanghai....placed fourth in 10km, sixth in 1500m & seventh in 800m at Pan Pacific Championships in Victoria, BC....won gold medals in 800m and 1500m free & was seventh in 400m free at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Finished third in the 400m and 1500m free and fourth in the 800m event at Telstra Trials in Sydney....gold medallist in the 800m free and silver medallist in the 1500m free at the Telstra Australian Short Course Championships in Melbourne....bronze medallist in the 800m free at the FINA World Cup in Sydney

#### IN 2004

Finished fourth in the 400m and seventh in the 800m free at the Telstra Olympic Team Selection Trials in Sydney....silver medallist in the 400m free at the Fisher and Paykel Australian Age Championships

in Perth....was second in the 400m and 800m free at the Telstra Australian Short Course Championships in Brisbane....claimed bronze in the 800m free & was ninth in 400m free in her senior international debut at FINA World Short Course Championships in Indianapolis

#### IN 2003

Dual finalist at the Australian Youth Olympic Festival in Sydney....finalist in the 800 and 1500m free at the Telstra Australian Championships in Sydney....400 and 800m free gold medallist at the Fisher and Paykel Australian Age Championships in Brisbane....silver medallist in the 800 and 1500m free and bronze medallist in the 400m free at the Telstra Australian Short Course Championships in Hobart....bronze medallist in the 800m free at the FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002**....finalist in the 1500m free at the Telstra Australian Championships in Brisbane....won bronze in 400m free at Australian Age Championships in Sydney....won gold in 5km at Australian Age Open Water Championships in Sydney....finished fifth in 800m free at both Telstra Australian Short Course Championships and Telstra FINA World Cup in Melbourne

## AWAY FROM THE POOL

### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	2 <sup>nd</sup> 800m free
World Short Course	Indianapolis, USA	2004	3 <sup>rd</sup> 800m free; 9 <sup>th</sup> 400m free
	Shanghai, China	2006	9 <sup>th</sup> 800m free; 11 <sup>th</sup> 400m free
World Open Water	Seville, Spain	2008	25 <sup>th</sup> 10km
Pan Pacific Champs	Victoria, BC, Canada	2006	4 <sup>th</sup> 10km; 6 <sup>th</sup> 1500m free; 7 <sup>th</sup> 800m free
Australian Youth Olympic Festival	Sydney, Australia	2003	6 <sup>th</sup> 1500m free; 8 <sup>th</sup> 800m free; 9 <sup>th</sup> 400m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

<b>EVENT</b>	<b>PERSONAL BEST</b>	<b>ALL-TIME AUSTRALIAN RANKING</b>	<b>MEET</b>
400m freestyle	4:11.09		2007 QLD Champs
800m freestyle	8:30.79		2006 Comm. Games
1500m freestyle	16:17.74	9th	2006 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

<b>EVENT</b>	<b>PERSONAL BEST</b>	<b>ALL-TIME AUSTRALIAN RANKING</b>	<b>MEET</b>
400m freestyle	4:07.27		2007 Brisbane Open
800m freestyle	8:23.93	7th	2005 Aust. Champs
1500m freestyle	15:59.11	2nd	2007 QLD Open Short Course

# GRANT HACKETT

**NICKNAME:** Hacky  
**D.O.B:** 09/05/1980  
**AGE:** 28  
**BORN:** Gold Coast, QLD  
**LIVES:** Melbourne, VIC  
**HGT:** 198.7cm  
**WGT:** 95kg  
**CLUB/INSTITUTE:** Melbourne Vicentre/VIS  
**TRAINS (Pool):** MSAC  
**COACH:** Ian Pope



## Individual Australian Long Course Titles: 22

3 - 200m freestyle (99, 05, 08); 5 - 400m freestyle (97, 04, 05, 07, 08); 3 - 800m freestyle (03, 05, 07); 11 - 1500m freestyle (97, 98, 99, 00, 01, 02, 03, 04, 05, 07, 08)

## Individual Australian Open Water Titles: 1

1 - 10km (08)

**CAREER HIGHLIGHTS:** Most decorated Australian in FINA World Championship history with 18 medals...won two gold at 2000 Olympics & a gold and two silver in 2004...has won 10 gold, six silver and two bronze at five FINA World Championships...won first world titles at age 17...only swimmer in history to win the same event at four consecutive World Championships...has won seven Commonwealth Games medals including 4 gold...owns seven gold and a bronze from three FINA World Short Course Championships...world record holder for 800m (7:38.65) and 1500m (14:34.56) free long course and 400m (3:34.58), 800m (7:25.28), 1500m (14:10.10) & 4x200m free short course...two time Telstra Australian Swimmer of the Year

### IN 2008

Won 10km at the Australia Open Water Swimming Championships in Sydney (Dec 07)...won 200, 400 & 1500m free at the Telstra Australian Championships / Olympic Trials in Sydney...placed 15th then was DQ'd in 10km at FINA World Open Water Championships (Olympic qualifier) in Seville

### IN 2007

Claimed gold in 400, 800 & 1500m free at the Telstra Australian Championships in Brisbane (Dec 06)...won bronze, later upgraded to silver following the positive drug test of Oussama Mellouli, in the 400m free, was sixth in the 800 & seventh in the 1500m free at the FINA World Championships in Melbourne...placed fourth in the 400m free at the Fujitsu Duel in the Pool in Sydney...won four times

on the Mare Nostrum Series...won 1500 & 4x200m free and was second in 400m free at Japan International Swim Meet in Chiba...won 400, 800, 1500m free, was second in 200m free at Telstra Australian Short Course Championships in Melbourne...broke world record in 4x200m free time trial at Australian Short Course Championships

### IN 2006

Won 400m free at Telstra Grand Prix 1 in Brisbane...won 200m, 400m and 1500m free at Telstra Australian Short Course Championships in Hobart

### IN 2005

Claimed gold in 400 & 800m free as well as record fourth straight 1500m free, was second in 200m free & third in 4x200m at FINA World Championships in Montreal...set new world record in 800m free at World Championships...won ninth Australian 1500m free title along with 200, 400 & 800m free at Telstra Trials in Sydney...added gold in 200 & 400m free at Telstra Australian Short Course Championships in Melbourne

### IN 2004

Won 1500m, was second in 400m and 4x200m free and fifth in 200m free at Athens Olympics...won 400 & 1500m free and added silver in the 200m free at Telstra Olympic Team Selection Trials in Sydney

### IN 2003

Claimed gold in the 800m, 1500m and 4x200m free, silver in the 400m free and bronze in the 200m free

at the FINA World Championships in Barcelona...won the 800m & 1500m free and was second in 200 & 400m free at the Telstra Australian Championships in Sydney...claimed gold in 200 & 1500m free at Duel in the Pool in Indianapolis

### PREVIOUS YEARS

**2002:**...won three gold and two silver at Manchester Commonwealth Games...added four gold and two silver at the Pan Pacs in Yokohama...picked up gold in 400m, 1500m & 4x200m free at FINA World Short Course Championships in Moscow...broke short course world 400m free record at Telstra Grand Prix in Sydney...**2001:**...won two gold and two silver and set world records in 1500m & 4x200m free at FINA World Championships in Fukuoka...claimed world records in the 800 & 1500m free at Telstra Australian Short Course Championships in Perth...**2000:**...took home gold in 1500m & 4x200m free (as a heat swimmer) from the Sydney Olympics...**1999:**...won two gold and a silver at Pan Pacs in Sydney...snared gold in 400 & 1500m free at FINA World Short Course Championships in Hong Kong...**1998:**...won first ever world titles at FINA World Championships in Perth in 1500m and 4x200m free...won a gold & a silver at Commonwealth Games in Kuala Lumpur...**1997:**...won gold in 400, 800, 1500 & 4x200m free on Australian team debut at Pan Pacs in Fukuoka...added gold in 1500 & 4x200m free and was third in 400m free at FINA World Short Course Championships in Gothenburg

## OUT OF THE POOL

**FAMILY MEMBERS:** Dad - Neville, Mum - Margaret, Brother - Craig and Fiancé - Candice; **WHAT OR WHO INSPIRES YOU:**

**ROLE MODELS:** Mum and Dad

## PERSONAL

**STUDIES/OCCUPATION:** Bachelor of Commerce at Bond University; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY**

**NOW:** Rugby league, surfing, surf life saving and golf; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:**

I had 5 wisdom teeth; **ULTIMATE RELAXATION:** Watching a DVD, relaxing on a boat or having a nice dinner; **SPECIALTY IN THE**

**KITCHEN:** Watching someone else cook; **ONE THING YOU CAN'T LIVE WITHOUT:** Mobile and my car; **WHAT DO YOU LIKE TO**

**DO AWAY FROM SWIMMING:** Go to the movies

## FAVOURITE

**SPORTING TEAM:** Wallabies and Broncos; **MOVIES:** Braveheart; **BANDS/MUSIC:** Anything and everything;

**FOOD:** Seafood; **DRINK:** Apple and black currant juice; **SWIM MEET:** Olympics; **HOBBIES:** Surfing, golf and watching DVD's; **PETS:** German Shepard dog - 'Blade'; **WHAT'S YOUR GREATEST ASSET?:** Perseverance; **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?:** Mother- running and tennis, Brother- swimming and surf life saving, Father- football and running; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** Mother and father because you are a product of your environment; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Disciplined, persistent and caring; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As a family man and someone who always gives their best in any field or situation; **SWIMMING CAREER ULTIMATE GOAL:** To see my potential; **PERSONAL AMBITIONS:** To be successful in business and any other post swimming careers; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Illness; **WHAT AGE DID YOU START SWIMMING AND WHY?** At age of 4, because my brother did it; **NOTABLE QUOTE:** "Keep it simple"

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	1 <sup>st</sup> 1500m, 4x200m free (heat swim); 7 <sup>th</sup> 400m free; 8 <sup>th</sup> 200m free
	Athens, Greece	2004	1 <sup>st</sup> 1500m free; 2 <sup>nd</sup> 400m, 4x200m free; 5 <sup>th</sup> 200m free
World Champs	Perth, Australia	1998	1 <sup>st</sup> 1500m, 4x200 free; 2 <sup>nd</sup> 400m free
	Fukuoka, Japan	2001	1 <sup>st</sup> 1500m, 4x200 free; 2 <sup>nd</sup> 400m, 800m free
	Barcelona, Spain	2003	1 <sup>st</sup> 800m, 1500m, 4x200m free; 2 <sup>nd</sup> 400m free; 3 <sup>rd</sup> 200m free
	Montreal, Canada	2005	1 <sup>st</sup> 400m, 800m, 1500m free; 2 <sup>nd</sup> 200m free; 3 <sup>rd</sup> 4x200m free
	Melbourne, Australia	2007	2 <sup>nd</sup> 400m free; 6 <sup>th</sup> 800m; 7 <sup>th</sup> 1500m free
Commonwealth Games	Kuala Lumpur, Malaysia	1998	1 <sup>st</sup> 1500m free; 2 <sup>nd</sup> 400m free
	Manchester, England	2002	1 <sup>st</sup> 1500m, 4x100m, 4x200m free; 2 <sup>nd</sup> 200m, 400m free
World Short Course	Gothenburg, Sweden	1997	1 <sup>st</sup> 1500m, 4x200 free; 3 <sup>rd</sup> 400m free
	Hong Kong, China	1999	1 <sup>st</sup> 400m, 1500m free
	Moscow, Russia	2002	1 <sup>st</sup> 400m, 1500m, 4x200m free
World Open Water	Seville, Spain	2008	DQ 10km
Pan Pacific Champs	Fukuoka, Japan	1997	1 <sup>st</sup> 400, 800, 1500m, 4x200 free
	Sydney, Australia	1999	1 <sup>st</sup> 1500m, 4x200 free; 2 <sup>nd</sup> 400m free
	Yokohama, Japan	2002	1 <sup>st</sup> 800m, 1500m, 4x100m, 4x200m free; 2 <sup>nd</sup> 200m, 400m free
Goodwill Games	Brisbane, Australia	2001	1 <sup>st</sup> 200m, 1500m free; 2 <sup>nd</sup> 400m free
Duel in the Pool	Indianapolis, USA	2003	1 <sup>st</sup> 200m, 1500m free
	Irvine, USA	2005	1 <sup>st</sup> 400m free; 2 <sup>nd</sup> 200m free
	Sydney, Australia	2007	4 <sup>th</sup> 400m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 1500m, 4x200m free; 2 <sup>nd</sup> 400m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	50.31		2002 Aust. Champs
200m freestyle	1:45.61	2nd	2004 Aust. Champs
400m freestyle	3:42.51	2nd	2001 World Champs
800m freestyle	7:38.65	World Record	2005 World Champs
1500m freestyle	14:34.56	World Record	2001 World Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:42.48	2nd	2002 World Cup, Melbourne
400m freestyle	3:34.58	World Record	2002 Telstra Grand Prix, Sydney
800m freestyle	7:25.28	World Record	2001 Aust. Champs
1500m freestyle	14:10.10	World Record	2001 Aust. Champs

## SAMANTHA HAMILL

**NICKNAME:** Sammy  
**D.O.B:** 23/02/1991  
**AGE:** 17  
**BORN:** Melbourne, VIC  
**LIVES:** Sunshine Coast, QLD  
**HGT:** 164cm  
**WGT:** 52kg  
**CLUB/INSTITUTE:** Quad Park  
**TRAINS (Pool):** Quad Park  
**COACH:** Peter Gartrell

### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won silver in 200m fly & 400m IM at the 2008 Telstra Australian Championships / Olympic Trials...claimed silver in 4x100m medley (heat swim) and was fifth in 200m fly at 2008 FINA World Short Course Championships...has won 12 Australian Age titles including six in 2006...won two gold, a silver and two bronze at 2006 Oceania Championships...won three gold and four silver at 2007 Australian Youth Olympic Festival...won three silver and a bronze at 2007 Jnr Pan Pacs...has won a silver and two bronze at Telstra Australian Short Course Championships

#### IN 2008

Won silver in 200m fly & 400m IM at the Telstra Australian Championships / Olympic Trials in Sydney...claimed silver in 4x100m medley (heat swim), was fifth in 200m fly, twelfth in 100m fly, 13th in 400m IM and 18th in 50m fly at FINA World Short Course Championships in Manchester

#### IN 2007

Was fifth in the 200m fly and eighth in the 200m IM at the Telstra Australian

Championships in Brisbane (Dec 06)...won silver in 100 & 200m fly and 400m IM and was third in 200m IM at Jnr Pan Pacs in Maui...claimed gold in 200m fly, 400m IM & 4x100m medley and silver in 100m fly, 200m IM, 4x100m free and 4x200m free at Australian Youth Olympic Festival in Sydney...won gold in 100 & 200m fly plus 200 & 400m IM and silver in 100 & 200m free at Australian Age Championships in Perth...won silver in 200m fly, bronze in 400m IM & was fifth in 200m IM at Telstra Australian Short Course Championships in Melbourne...won 200 & 400m IM and was second in 200m fly at FINA World Cup in Singapore

#### IN 2006

Won gold in 100, 200, 400m free, 100 & 200m fly & 200m IM and bronze in 200m back at Fisher & Paykel Australian Age Championships in Sydney...finished sixth in 200m fly and eighth in 100m fly at Telstra Commonwealth Games Trials in Melbourne...grabbed bronze in 200m fly, was fourth in 200m IM and sixth in 100m fly at Telstra Australian Short Course Championships in Hobart...won gold in

200m fly and 4x100m medley and bronze in 50 & 100m fly at Oceania Championships in Cairns...gold medallist in 4x100m medley, silver in 200m fly and bronze in 100m fly at Swim Meet of Champions in Mission Viejo...won gold in 4x100m medley & silver in 200m fly at Santa Clara International

#### IN 2005

Claimed gold in 100 & 200m fly at Fisher & Paykel Australian Age Championships in Brisbane...finished sixth in 200m fly at Telstra Australian Short Course Championships in Melbourne...placed seventh in 200m fly at Telstra Trials in Sydney...won 100m free, 100m fly, 200m IM and was second in 50 & 200m fly at Pacific School Games in Melbourne...represented Australia in Fisher & Paykel Trans Tasman Series

#### IN 2004

Picked up silver in 100m fly at Fisher & Paykel Australian Age Championships in Perth

### AWAY FROM THE POOL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Little Athletics, Surf Life Saving; **INTERESTING**

**FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I was shy as a kid, but not now; **SUPERSTITIONS:** None;

**ULTIMATE RELAXATION:** Sleeping and listening to music; **SPECIALTY IN THE KITCHEN:** Watching Mum cook; **ONE**

**THING YOU CAN'T LIVE WITHOUT:** Chocolate;

### FAVOURITES

**SPORTING TEAM:** Australian Swim Team; **MOVIES:** Can't remember the last time I saw one; **TV SHOW:** Grey's Anatomy; **BANDS/MUSIC:** Enjoy all music; **CD'S:** No particular favourite, enjoy all music; **FOOD:** Chocolate & Ice Cream; **DRINK:** Water; **SWIM MEET:** Australian Open Swimming Champs; **HOBBIES:** Surf Life Saving; **PETS:** None, but enjoy feeding stray cats;

**LAST BOOK YOU READ:** None, prefer a good girlie magazine; **WHAT'S YOUR GREATEST ASSET?** Determination;

**FAMILY MEMBERS:** Mum, Dad and brother Matthew; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED**

**AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** My Mum because she supports me in my sporting endeavours; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Determined, self-motivated and confident; **HOW WOULD YOU LIKE TO BE REMEMBERED?** A good sport; **SWIMMING CAREER ULTIMATE GOAL:** Represent Australia at the Olympics; **PERSONAL AMBITIONS:** Make a career as a swimmer; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Asthma, back and shoulder injuries; **WHAT AGE DID YOU START SWIMMING AND WHY?** 4 yrs old because mum thought it would be good for me to learn how to swim; **FAVOURITE SWIMMER AND WHY?** Libby Lenton, a great attitude towards swimming; **FAVOURITE ATHLETE AND WHY?** Anybody that represents Australia in their sport; **NOTABLE QUOTE:** "Go hard or go home"

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Short Course	Manchester, England	2008	2 <sup>nd</sup> 4x100m medley (heat swim); 5 <sup>th</sup> 200m fly; 12 <sup>th</sup> 100m fly; 13 <sup>th</sup> 400m IM; 18 <sup>th</sup> 50m fly
Junior Pan Pac Champs	Maui, USA	2007	2 <sup>nd</sup> 100m, 200m fly, 400m IM; 3 <sup>rd</sup> 200m IM
Oceania Champs	Cairns, Australia	2006	1 <sup>st</sup> 200m fly, 4x100m medley; 2 <sup>nd</sup> 200m IM; 3 <sup>rd</sup> 50m, 100m fly
Australian Youth Olympic Festival	Sydney, Australia	2007	1 <sup>st</sup> 200m fly, 400m IM, 4x100m medley; 2 <sup>nd</sup> 100m fly, 200m IM, 4x100m, 4x200m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	28.14		2006 Oceania Champs
100m butterfly	1:00.49		2007 QLD Champs
200m butterfly	2:07.61	4th	2008 Aust. Champs
200m IM	2:16.88		2007 QLD Champs
400m IM	4:41.61	5th	2008 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m butterfly	59.20	10th	2008 World Champs
200m butterfly	2: 06.43	5th	2008 World Champs
200m IM	2:12.04	10th	2007 World Cup, Singapore
400m IM	4:37.76	8th	2007 Aust. Champs
200m freestyle	2:01.30		2007 Aust. Champs
400m freestyle	4:10.55		2007 Aust. Champs



## BELINDA HOCKING

**NICKNAME:** Bindy  
**D.O.B:** 14/9/1990  
**AGE:** 17  
**BORN:** Wangaratta, VIC  
**LIVES:** Canberra, ACT  
**HGT:** 165cm  
**WGT:** 50kg  
**CLUB/INSTITUTE:** Albury / AIS  
**TRAINS (Pool):** AIS  
**COACH:** Shannon Rollason

### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won gold in 4x200m free at 2007 Jnr Pan Pacs....claimed three gold and two silver at 2007 Australian Youth Olympic Festival....has won six Australian Age titles....won silver in 200m back and was third in 100m back at the 2008 Telstra Australian Championships / Olympic Trials....won silver in & 4x100m medley (heat swim), was fifth in 100m back and sixth in 50m back at 2008 FINA World Short Course Championships....won silver in 100m back at 2007 Telstra Australian Short Course Championships

#### IN 2008

Won silver in 200m back and was third in 100m back at the Telstra Australian Championships / Olympic Trials in Sydney....won silver in & 4x100m medley (heat swim), was fifth in 100m back and sixth in 50m back at FINA World Short Course Championships in

Manchester....set Commonwealth record in 50m back at World Short Course Championships....won 100 & 200m back at Monaco leg of Mare Nostrum series....was second in 100 & 200m back at Barcelona leg of Mare Nostrum series

#### IN 2007

Was fifth in the 200m back and sixth in the 50 & 100m back at the Telstra Australian Championships in Brisbane (Dec 06)....won gold in 4x200m free and was fourth in 200m back at Jnr Pan Pacs in Maui....claimed gold in 100 & 200m back and 4x100m medley to go with silver in 4x100m free and 4x200m free at Australian Youth Olympic Festival in Sydney....won gold in 100 & 200m back and bronze in 200m free at Australian Age Championships in Perth....won silver in 100m back, was fourth in 50m back & fifth in 200m back at Telstra Australian Short Course Championships in

Melbourne....placed third in 100m back at the FINA World Cup in Sydney

#### IN 2006

Collected gold in 100 & 200m back, was second in 100m free and third in 200m IM at Fisher & Paykel Australian Age Championships in Sydney....was fifth in 200m back and seventh in 50m back at Telstra Australian Short Course Championships in Hobart....finished eighth in 50m back at Telstra Commonwealth Games Trials in Melbourne....won gold in Open 50, 100 and 200m back at ASA Youth & National Championships in Sheffield, UK....represented Australia at Fisher & Paykel Trans Tasman Series

#### IN 2005

Won gold in 100 & 200m back at Fisher & Paykel Australian Age Championships in Brisbane

### AWAY FROM THE POOL

**STUDIES/OCCUPATION:** School; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Before - Netball and Dance, Now - Swimming; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I have a Shetland pony; **SUPERSTITIONS:** I don't put new shoes on the table and you can only give away (never throw out) lyre bird feathers or else you will have bad luck; **ULTIMATE RELAXATION:** Sleeping; **SPECIALTY IN THE KITCHEN:** Cheesecake; **ONE THING YOU CAN'T LIVE WITHOUT:** My mum and dad

### FAVOURITES

**MOVIES:** The Notebook; **TV SHOW:** Home and Away; **BANDS/MUSIC:** Panic! At the Disco; **FOOD:** Mum's chicken schnitzel; **DRINK:** Pineapple juice; **SWIM MEET:** Australian Open LC; **HOBBIES:** Craft work; **PETS:** Ally (dog) Shetland pony (Toby);

**LAST BOOK YOU READ:** By a Fraction of a Second; **WHAT'S YOUR GREATEST ASSET?** My smile and nails; **FAMILY MEMBERS:** Dad, mum, sister and brother; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Cousin played badminton; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My mum because she never gives up; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Happy, nice and smiley; **HOW WOULD YOU LIKE TO BE REMEMBERED?** For my big smile; **SWIMMING SHORT TERM GOALS:** To do well at my next big comps; **SWIMMING CAREER ULTIMATE GOAL:** To swim at my very best; **PERSONAL AMBITIONS:** To be the best that I can be at whatever I do; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Yes, like everyone else; **WHAT AGE DID YOU START SWIMMING AND WHY?** Four, at learn to swim class;

**NOTABLE QUOTE:** "If I work hard, I WILL SEE RESULTS"

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Short Course	Manchester, England	2008	2 <sup>nd</sup> 4x100m medley (heat swim); 5 <sup>th</sup> 100m back; 6 <sup>th</sup> 50m back
Junior Pan Pac Champs	Maui, USA	2007	1 <sup>st</sup> 4x200m free; 4 <sup>th</sup> 200m back
Australian Youth Olympic Festival	Sydney, Australia	2007	1 <sup>st</sup> 100m, 200m back, 4x100m medley; 2 <sup>nd</sup> 4x100m, 4x200m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	28.36	4th	2008 Aust. Champs
100m backstroke	59.97	3rd	2008 Aust. Champs
200m backstroke	2:08.93	2nd	2008 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	26.94	Commonwealth Record	2008 World Champs
100m backstroke	57.87	2nd	2008 World Champs
200m backstroke	2:07.71	10th	2008 GP 1
200m freestyle	2:01.50		2007 Aust. Champs

## KY HURST

**NICKNAME:** Killer  
**D.O.B:** 11/3/1981  
**AGE:** 27  
**BORN:** Nambour, QLD  
**LIVES:** Sydney, NSW  
**HGT:** 182cm  
**WGT:** 87kg  
**CLUB/INSTITUTE:** SLC Aquadot  
**TRAINS (Pool):** Sutherland Leisure Centre  
**COACH:** Tracey Menzies

**Individual Australian Long Course Titles: 0**

**Individual Australian Open Water Titles: 5**

4 - 5km (00, 05, 06, 07); 1 - 10km (07)

**CAREER HIGHLIGHTS:** Has a silver medal and two tenth places in 5km at three FINA World Championships....was fifth in the 10km at the 2008 FINA World Open Water Championships (Olympic qualifier)....regarded as the greatest surf swimmer of his generation, the winner of four Australian Ironman championships and five open surf race championships....finished seventh in the 5km event at the 2000 FINA World Open Water Championships in Hawaii....placed fifth in 10km at 2006 Pan Pacific Championships....finished third in the 1500m free at the 2004 Telstra Olympic Trials

### IN 2008

Won silver in 10km at the Australia Open Water Swimming Championships in Sydney (Dec 07)....was fourth in 1500m free at the Telstra Australian Championships / Olympic Trials in Sydney....was fifth in 10km at FINA World Open Water Championships (Olympic qualifier) in Seville

### IN 2007

Won 5km & 10km at the Swimming Australia Open Water Championships in Melbourne (Dec 06)....was 10th in 5km and 22nd in 10km at FINA World Championships in Melbourne

### IN 2006

Was fourth in 1500m free and seventh in 400m free at Telstra Commonwealth Games Trials in Melbourne....won 5km and was third in 10km at Australian Open Water Championships....placed fifth in 10km and 12th in 800m free at Pan Pacific Championships in Victoria, BC

### IN 2005

Finished fourth in the 800m free at the Telstra Trials in Sydney....won the 5km at the Telstra Australian Open Water Championships on the Gold Coast....placed tenth in the 5km at FINA World Championships in Montreal....was ninth in 400m free at the Telstra Australian Short Course Championships in Melbourne

### IN 2004

Was third in the 1500m free and fifth in the 400m free at the Telstra Olympic Team Selection Trials in Sydney....claimed bronze in the 1500m free at the Telstra Australian Short Course Championships in Brisbane

### IN 2003

Was a finalist in the 400 and 1500m free at the Telstra Australian Short Course Championships in Hobart....grabbed bronze in the 1500m free at the Telstra FINA World Cup in Melbourne

### PREVIOUS YEARS

**2002**....grabbed a fifth placing in the 5km event at the Australian Open Water Championships on the Gold Coast ....**2001**....

**2000**....was a finalist in the 400 and 1500m free at the Telstra Olympic Trials in Sydney....won 5km at the Australian Open Water Championships in Melbourne....finished seventh in 5km at the FINA World Open Water Championships in Hawaii....**1998**....won silver in 5km at FINA World Championship in Perth

### OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Kerrie, Brother - Dane; **WHAT OR WHO INSPIRES YOU:** My mum Kerrie - she brought myself and my brother up on her own and made our lives very comfortable;

### PERSONAL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Surf - Ironman, surfing, snowboarding and motorcross;  
**INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** None; **SUPERSTITIONS:** None; **ULTIMATE RELAXATION:**  
 Holidaying in Hawaii; **SPECIALTY IN THE KITCHEN:** Lasagne; **ONE THING YOU CAN'T LIVE WITHOUT:** The surf; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Travel

**FAVOURITE:**

**SPORTING TEAM:** Chicago Bulls; **MOVIES:** The Shawshank Redemption; **TV SHOW:** The Simpsons; **BANDS/MUSIC:** Butterfingers, 50 cent, Ben Harper; **CD'S:** Frank Bennett; **FOOD:** Butterfingers Shortbread; **DRINK:** Mountain Dew; **SWIM MEET:** 2004 Olympic trials; **HOBBIES:** Surfing, snowboarding, travelling, wakeboarding and flying; **PETS:** Jet - a black Labrador and Dasha - a ragdoll cat; **WHAT'S YOUR GREATEST ASSET?** My feet; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Yes. Mum Kerrie, Uncle Andrew McKinnon, Brother Dane and Great Uncle Keith; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** Mum for her support; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Honest, fit and healthy; **HOW WOULD YOU LIKE TO BE REMEMBERED?** The greatest waterman in the world; **SWIMMING CAREER ULTIMATE GOAL:** Make the Beijing Olympic team and medal; **PERSONAL AMBITIONS:** To live a happy, healthy life and be a successful businessman; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Yes, having bad shoulders; **WHAT AGE DID YOU START SWIMMING AND WHY?** 9. Enjoyed it and used to surf; **FAVOURITE SWIMMER AND WHY?** Grant Hackett - he shows no mercy; **FAVOURITE ATHLETE AND WHY?** Michael Jordan - the king of his game; **NOTABLE QUOTE:** "Limitation is the creation of your mind"

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Champs	Perth, Australia	1998	2 <sup>nd</sup> 5km
	Montreal, Canada	2005	10 <sup>th</sup> 5km
	Melbourne, Australia	2007	10 <sup>th</sup> 5km; 22 <sup>nd</sup> 10km
World Open Water	Hawaii, USA	2000	7 <sup>th</sup> 5km
	Seville, Spain	2008	5 <sup>th</sup> 10km
Pan Pacific Champs	Victoria, BC, Canada	2006	5 <sup>th</sup> 10km; 12 <sup>th</sup> 800m

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:52.96		2004 Aust Champs
400m freestyle	3:53.08		2004 Aust Champs
800m freestyle	8:10.67		2005 Aust Champs
1500m freestyle	15:17.65		2004 Aust Champs

**PERSONAL BEST TIMES AND RANKINGS- SHORT COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:52.11		2005 Aust Champs
400m freestyle	3:49.70		2005 Aust Champs
1500m freestyle	15:15.23		2004 Aust Champs

## LEISEL JONES

**NICKNAME:** Weazel  
**D.O.B:** 30/8/1985  
**AGE:** 22  
**BORN:** Katherine, NT  
**LIVES:** Melbourne, VIC  
**HGT:** 178cm  
**WGT:** 67kg  
**CLUB/INSTITUTE:** Carey Aquatic Tritons / VIS  
**TRAINS (Pool):** Carey Sports Complex and Aquarena Leisure Centre  
**COACH:** Rohan Taylor



### Individual Australian Long Course Titles: 18

1 - 50m breaststroke (07); 8 - 100m breaststroke (00, 01, 02, 03, 05, 06, 07, 08); 8 - 200m breaststroke (01, 02, 03, 04, 05, 06, 07, 08); 1 - 200m individual medley (03)

**CAREER HIGHLIGHTS:** Five time Olympic medallist....won two silver at the Sydney 2000 Olympics & one gold, one silver and one bronze in Athens in 2004....has won 7 gold, three silver and one bronze at four FINA World Championships....has won seven gold medals at two Commonwealth Games....was Australia's youngest ever Olympic swimming medallist at just 15....is the current world champion and world record holder in both the 100m and 200m breast....world record holder 100 & 200m breast short course

#### IN 2008

Won 100 & 200m breast at the Telstra Australian Championships / Olympic Trials in Sydney....set short course world record in 100m breast at Telstra GP 1 in Canberra....won 50, 100 & 200m breast at Seven Hills Invitational in Rome....won 50, 100 & 200m breast at Barcelona leg of Mare Nostrum series

#### IN 2007

Won 50, 100 & 200m breast at the Telstra Australian Championships in Brisbane (Dec 06)....won 100 & 200m breast and 4x100m medley (world record) and was second in 50m breast at FINA World Championships in Melbourne....won 200m breast and 4x100m medley and was second in 100m breast at Fujitsu Duel in the Pool in Sydney....moved in April from Stephan Widmer at Commercial to Rohan Taylor....won gold in 100 & 200m breast plus 4x100m medley at Japan International Swim Meet in Chiba....won 50, 100 & 200m breast at Telstra Australian Short Course Championships in Melbourne....won 50, 100 & 200m breast at the FINA World Cup in Sydney

#### IN 2006

#### OUT OF THE POOL

**FAMILY:** Mum - Rosemary, fiancé - Marty Pask; **WHAT OR WHO INSPIRES YOU:** My hard working and dedicated team mates;

**ROLE MODELS:** Kate Hudson - great personality and loves life.

#### PERSONAL

**STUDIES/OCCUPATION:** Beauty therapy student; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Gymnastics, tennis and physical culture; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I was the only white baby in the hospital when I was born; **SUPERSTITIONS:** New goggles for every meet; **ULTIMATE RELAXATION:** Reading on the lounge on a rainy day, going to the beach on a sunny day; **SPECIALITY IN THE KITCHEN:** Banana cake; **ONE THING YOU CAN'T LIVE WITHOUT:** Food; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Going to the beach and trying to surf.

Won gold in 50, 100, 200m breast & 4x100m medley at Commonwealth Games in Melbourne....smashed world record in 100m breast (1:05.09) and medley relay at Commonwealth Games....set world records in 100m (1:05.71) & 200m (2:20.54) breast events at the Telstra Commonwealth Games Trials in Melbourne....won nine gold from nine races at Mare Nostrum Series and was named Overall Winner....won 50, 100 & 200m breast at Telstra Australian Short Course Championships in Hobart....twice broke world 100m breast record at Australian Short Course Championships

#### IN 2005

Triple gold medallist at FINA World Championships in Montreal in the 100m breast along with a world record and victory in the 200m breast (2:21.72) and as a member of the 4x100m medley relay....set a new Commonwealth record and missed the world mark by just 0.01sec in the 100m breast (1:06.21) at the Duel in the Pool in Irvine, California....won 100 & 200m breast at the Telstra Trials in Sydney....won 100 & 200m breast at Telstra Australian Short Course Championships in Melbourne

#### IN 2004

Won gold and claimed world record in the 4x100m medley at Athens Olympics....was also a silver medallist in the 200m breast and claimed bronze in the 100m event....set a then world record in the 200 metres breast (2:22.96) at the Telstra Grand Prix prior to the Games....won the 200m breast and claimed silver in the 100m event at the Telstra Olympic Team Selection Trials in Sydney....moved from life long coach Ken Wood at Redcliffe to Stephan Widmer in Fortitude Valley

#### IN 2003

Claimed silver in the 200m breast at her second FINA World Championships in Barcelona along with bronze medals in both the 100m breast and 4x100m medley relay events and a fourth in the 50m breast....set a then world record in the semi final of the 100m breast in Spain of 1:06.37.... claimed three gold 100m (broke 50, 100m Australian record in the same race), 200m breast and her maiden 200m IM title along with a second placing in the 50m breast at Telstra Australian Championships in Brisbane....set new world short course records in both the 100 and 200m breast at the FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002:**....broke through for her first major international victory at the Manchester Commonwealth Games claiming three gold medals in the 100 and 200m breast and 4x100m medley and fourth in the 50m event....claimed gold at the Pan Pacific Championships in Yokohama in the 4x100m medley and silver in the 200m breast and fourth in the 100m event....set a new Australian 50 and 100m breast records in the same race at the Australian Age Championships.... **2001:**....won 4x100m medley and silver medallist in the 100m breast at the FINA World Championships in Fukuoka along with two fourth placings in both the 50 and 200m breast....claimed the 100 and 200m breast double for the first time at an Australian Championship.... **2000:**....made her Australian team debut and became the nation's youngest ever Olympic swimming medallist when she claimed silver medals in both the 100m breast and 4x100m medley in Sydney....won the 100m breast at Telstra Olympic Selection Trials

## FAVOURITE

**SPORTING TEAM:** Western Bulldogs; **MOVIES:** 'Snatch'; **TV SHOW:** Border Security; **BANDS/MUSIC:** Blink 182; **CDs:** Any mixed CDs; **FOOD:** Anything!; **DRINK:** Lemon, lime and bitters; **SWIM MEET:** FINA World Championships 2003; **HOBBIES:** Going to the footy; **WHAT'S YOUR GREATEST ASSET?** Knock knees for breaststroke; **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** A distant relative in Olympic equestrian; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My Mum because she teaches me all the small but important things in life; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Worries too much; **HOW WOULD YOU LIKE TO BE REMEMBERED?** The person who gave everything she did, in the pool or outside; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Gold; **PERSONAL AMBITIONS;** To become a successful public speaker and successful make-up artist; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Change of coaches; **WHAT AGE DID YOU START SWIMMING AND WHY?** At age of two for water safety; **FAVOURITE SWIMMER AND WHY?** Grant Hackett because he gives it everything and he is so down to earth; **FAVOURITE ATHLETE AND WHY?** Mohammed Ali; **NOTABLE QUOTE:** "Successful people do what unsuccessful people don't want to do."

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	2 <sup>nd</sup> 100m breast, 4x100m medley
	Athens, Greece	2004	1 <sup>st</sup> 4x100m medley; 2 <sup>nd</sup> 200m breast; 3 <sup>rd</sup> 100m breast
World Champs	Fukuoka, Japan	2001	1 <sup>st</sup> 4x100 medley; 2 <sup>nd</sup> 100m breast; 4 <sup>th</sup> 200m breast
	Barcelona, Spain	2003	2 <sup>nd</sup> 200m breast; 3 <sup>rd</sup> 100m breast, 4x100m medley; 4 <sup>th</sup> 50m breast; 23 <sup>rd</sup> 200m IM
	Montreal, Canada	2005	1 <sup>st</sup> 100m, 200m breast, 4x100m medley
	Melbourne, Australia	2007	1 <sup>st</sup> 100m, 200m breast, 4x100m medley; 2 <sup>nd</sup> 50m breast
Commonwealth Games	Manchester, England	2002	1 <sup>st</sup> 100m, 1 <sup>st</sup> 200m breast, 4x100m medley; 4 <sup>th</sup> 50m breast
	Melbourne, Australia	2006	1 <sup>st</sup> 50m, 100m, 200m breast, 4x100m medley
Pan Pacific Champs	Yokohama, Japan	2002	1 <sup>st</sup> 4x100 medley; 2 <sup>nd</sup> 200m breast; 4 <sup>th</sup> 100m breast
Goodwill Games	Brisbane, Australia	2001	1 <sup>st</sup> overall women's team; 2 <sup>nd</sup> 50m, 100m breast
Duel in the Pool	Irvine, USA	2005	1 <sup>st</sup> 100m, 200m breast, 4x100m medley
	Sydney, Australia	2007	1 <sup>st</sup> 200m breast, 4x100m medley; 2 <sup>nd</sup> 100m breast
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 100m, 200m breast, 4x100m medley

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	30.55	2 <sup>nd</sup>	2006 Comm. Games
100m breaststroke	1:05.09	World Record	2006 Comm. Games
200m breaststroke	2:20.54	World Record	2006 Aust. Champs
200m individual medley	2:14.21	7 <sup>th</sup>	2003 Aust. Champs

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	29.99	2 <sup>nd</sup>	2008 Telstra GP 1
100m breaststroke	1:03.72	World Record	2008 Telstra GP 1
200m breaststroke	2:17.75	World Record	2003 World Cup, Melbourne

## ANDREW LAUTERSTEIN

**NICKNAME:** Ando, Steiner, Lorda  
**D.O.B:** 22/05/1987  
**AGE:** 21  
**BORN:** Melbourne, VIC  
**LIVES:** Gold Coast, QLD  
**HGT:** 189cm  
**WGT:** 90kg  
**CLUB/INSTITUTE:** Southport / QAS  
**TRAINS (Pool):** Southport  
**COACH:** Glenn Baker



### Individual Australian Long Course Titles: 1

1 - 100m butterfly (08)

**CAREER HIGHLIGHTS:** Won gold swimming fly in the 4x100m medley at the 2007 FINA World Championships ...claimed a gold medal swimming back leg in the heats of the 4x100m medley at 2006 Commonwealth Games...also double back finalist at Commonwealth Games...placed third in 4x100m medley at 2006 Pan Pacific Championships...won two gold, a silver and a bronze at the 2005 Junior Pan Pacific Championships...won three gold and two silver at 2004 Oceania Championships... won gold in 100m & 4x100m free, silver in 100m fly and bronze in 4x100m medley at 2007 Japan International Swim Meet...qualified for 2008 Olympic team.

#### IN 2008

Won 100m fly, was second in 50m fly and third in 100m free at the Telstra Australian Championships / Olympic Trials in Sydney to qualify for his first Olympic team...won 50 & 100m fly at Seven Hills Invitational in Rome...won 50 & 100m fly, was third in 100m free at Barcelona leg of Mare Nostrum series

#### IN 2007

Was second in the 100m fly, fourth in 50m fly and seventh in 100m free at the Telstra Australian Championships in Brisbane (Dec 06)...won gold swimming fly in the 4x100m medley, was fifth in the 4x100m free and 15th in the 100m fly at the 2007 FINA World Championships in Melbourne...placed second in the 4x100m free and fourth in the 100m fly at Fujitsu Duel in the Pool in Sydney...won four times in Mare Nostrum Series...won gold in 100m & 4x100m free, silver in 100m fly and bronze in 4x100m medley at Japan

International Swim Meet in Chiba...won 100m fly, was second in 50m fly and equal second in 100m free at Telstra Australian Short Course Championships in Melbourne...placed third in 50 & 100m fly, 100m free at the FINA World Cup events in both Sydney & Moscow...won 100m fly and was third in 50m fly at the FINA World Cup in Stockholm...placed second in 100m fly and was third in 50m fly at the FINA World Cup in Berlin

#### IN 2006

Won gold as a heat swimmer in the 4x100m medley, was sixth in both the 50 & 100m back at Commonwealth Games in Melbourne...qualified for his Commonwealth Games debut in Melbourne after finishing second in the 100m back at the Telstra Commonwealth Games Trials...won three gold and a silver at Fisher & Paykel Australian Age Championships in Sydney...won 100m fly and was third in 100m back at Swim Meet of Champions in Mission Viejo...was third in 100m back at Santa Clara International...placed third in 4x100m medley, was tenth in 100m fly and 11th in 100m back at Pan Pacific Championships in Victoria, BC

#### IN 2005

Won gold medals in the 100m fly and 4x100m free relay, silver in medley relay and bronze in 100m back at the Junior Pan Pacs in Maui...finished second in 100m back and fourth in the 100m fly at the Telstra Trials in Sydney...finished 14th in the 100m back and swam the lead off leg in the medley relay that finished sixth on senior international debut at FINA World Championships in

Montreal...added two gold at Fisher & Paykel Australian Age Championships in Brisbane...a finalist in the 100m fly and 100m back at the Telstra Australian Short Course Championships in Melbourne

#### IN 2004

Claimed 100m back at Victorian Championships...was third in 100m back and a finalist in the 50 and 100m fly at the Telstra Olympic Team Selection Trials in Sydney...claimed three gold and two silver at the Oceania Championship in Suva...member of the Fisher and Paykel Trans Tasman series...bronze medallist in the 100m fly and 50m back at the Telstra Australian Short Course Championships in Brisbane...a finalist in the 50 and 100m fly at the FINA World Cup in Melbourne... claimed three gold and two silver at the Fisher & Paykel Australian Age Championships in Perth

#### IN 2003

Won three gold at the Fisher & Paykel Australian Age Championships in Brisbane...a multiple winner and member of the Fisher and Paykel Trans Tasman Series...a finalist in the 100m fly and 100m back at the Telstra Australian Short Course Championships in Hobart

#### PREVIOUS YEARS

**2002...**came away with four gold, two silver and two Australian Age records from the Australian Age Championships in Sydney...**2001...** grabbed silver in both the 100m back and 50m free and bronze in the 100m fly at the Tip Top Australian Age Championships in Melbourne

## OUT OF THE POOL

**FAMILY MEMBERS:** Mother - Anne, Father - George, Brother - Michael, Sister - Sarah;

## PERSONAL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Football and baseball; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU NOW:** I played football and baseball at a high level; **SUPERSTITIONS:** Jump into the pool last as the whistle is blown for backstroke races; **ULTIMATE RELAXATION:** Round of golf with buggy; **SPECIALITY IN THE KITCHEN:** Two minute noodles; **ONE THING YOU CAN'T LIVE WITHOUT:** Sleep; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** D-J-ing;

## FAVOURITE

**SPORTING TEAM:** Melbourne Storm and Kangaroos; **TV SHOWS:** 'The Office' and 'The OC' **BANDS/MUSIC:** House music; **FOOD:** Chicken Curry; **DRINK:** Milo; **SWIM MEET:** Junior Pan Pacific Championships, Hawaii; **HOBBIES:** Goal umpiring; **PETS:** Fish; **LAST BOOK READ:** The Quiet American; **WHAT'S YOUR GREATEST ASSET?** My big toenail I injured dancing; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** Family and friends, they have shaped the way I am today; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** You tell me... **HOW WOULD YOU LIKE TO BE REMEMBERED?** Good bloke and good athlete; **SWIMMING SHORT TERM GOALS:** Win a medal at the 2008 Olympic Games; **PERSONAL AMBITIONS;** To achieve all I can in all aspects of life; **WHAT AGE DID YOU START SWIMMING AND WHY?** At age 11, I made the State Primary Swimming Team; **FAVOURITE SWIMMER AND WHY?** Ian Crocker US butterflyer; **NOTABLE QUOTE:** "Victory belongs to the most persevering."

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Montreal, Canada	2005	6 <sup>th</sup> 4x100m medley; 14 <sup>th</sup> 100m back; 19 <sup>th</sup> 50m back
	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley; 5 <sup>th</sup> 4x100m free; 15 <sup>th</sup> 100m fly
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m medley (heat swim); 6 <sup>th</sup> 50m, 100m back
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 4x100m medley; 10 <sup>th</sup> 100m fly; 11 <sup>th</sup> 100m back
Duel in the Pool	Irvine, USA	2005	5 <sup>th</sup> 100m back
	Sydney, Australia	2007	2 <sup>nd</sup> 4x100m free; 4 <sup>th</sup> 100m fly
Junior Pan Pac Champs	Maui, USA	2005	1 <sup>st</sup> 100m fly, 4x100m free; 2 <sup>nd</sup> 4x100 medley; 3 <sup>rd</sup> 100m back
Oceania Champs	Suva, Fiji	2004	1 <sup>st</sup> 100m back, 4x100m medley, 4x100 free; 2 <sup>nd</sup> 100m fly, 100m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 100m, 4x100m free; 2 <sup>nd</sup> 100m fly; 3 <sup>rd</sup> 4x100m medley

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	23.61	4 <sup>th</sup>	2008 Aust. Champs / 2008 Telstra GP 2
100m butterfly	51.91	2 <sup>nd</sup>	2008 Aust. Champs
50m backstroke	25.83	7 <sup>th</sup>	2006 Aust. Champs
100m backstroke	54.88	6 <sup>th</sup>	2005 World Champs
50m freestyle	22.97		2008 Seven Hills Invitational
100m freestyle	48.45	4 <sup>th</sup>	2008 Aust. Champs

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	23.37	6 <sup>th</sup>	2007 World Cup, Berlin
100m butterfly	50.85	2 <sup>nd</sup>	2007 Aust. Champs
50m freestyle	22.34		2007 World Cup, Sydney
100m freestyle	47.59	4 <sup>th</sup>	2007 World Cup, Berlin



## LINDA MACKENZIE

**NICKNAME:** Macka  
**D.O.B:** 14/12/1983  
**AGE:** 24  
**BORN:** Mackay, QLD  
**LIVES:** Canberra, ACT  
**HGT:** 161cm  
**WGT:** 53kg  
**CLUB/INSTITUTE:** Mackay / AIS  
**TRAINS (Pool):** AIS  
**COACH:** Vince Raleigh



### Individual Australian Long Course Titles: 9

3 - 200m freestyle (04, 05, 06); 5 - 400m freestyle (04, 05, 06, 07, 08); 1- 800m freestyle (04)

**CAREER HIGHLIGHTS:** 2004 Athens Olympic Games finalist in the 400m free...two-time FINA World Championship silver medallist as a member of the 4x200m free relay team in 2005 and 2003...triple individual finalist at FINA World Championships...Commonwealth Games relay gold medallist...won the 200-400-800 metre free treble at Australian Championships in 2004...won two silver and a bronze at 2006 Pan Pacific Championships

#### IN 2008

Won 400m free, was second in 200m free & seventh in 100m free at the Telstra Australian Championships / Olympic Trials in Sydney...set Commonwealth record in 400m free at Australian Championships...was second in 400m free at Monaco leg of Mare Nostrum series...won 200m free, was third in 800m free at Barcelona leg of Mare Nostrum series

#### IN 2007

Won 400m free, was second in 200m free, third in 800m free and fourth in 100m free at the Telstra Australian Championships in Brisbane (Dec 06)...placed fourth in 4x200m free (heat swim), eighth in 400m free and 12th in 200m free at FINA World Championships...won 200m free and was second in 400m free at Fujitsu Duel in the Pool in Sydney...won 4x100 & 4x200m free and was fifth in 200 & 400m free at Japan International Swim meet in Chiba

#### IN 2006

Won gold in the 4x200m free, was fourth in the 400m and fifth in 200m free at Commonwealth Games in Melbourne...won the 200 and 400m free to take out her third consecutive national titles in both and qualify for her maiden Commonwealth Games team at the Telstra Commonwealth Games Trials...won gold in 200m and bronze in 400m (Monaco) plus silver in 400m (Barcelona) in Mare Nostrum series...won silver in 200m free and 4x200m free, was third in 4x100m free, sixth in 400m free, ninth in 800m free and tenth in 100m free at Pan Pacific Championships in Victoria, BC

#### IN 2005

Won the 200/ 400m free double and was second in the 800m free at the Telstra Trials to earn herself a berth on her third consecutive FINA World Championship team... the winner of a silver medal as a member of the 4x200m free relay team, and was also a finalist in the 200 and 400m free in Montreal...bronze medallist in the 400m free at the Telstra FINA World Cup in Sydney

#### IN 2004

Became the first woman since Anna McVann in 1984 to win the 200-400-800 metre freestyle treble at an Australian championship, and consequently qualifying for her first Olympics at the Telstra Olympic Team Selection Trials in Sydney...was seventh in 400m free, tenth in 800m and 19th in the 200m free as well as swimming the heats of the fourth placegetting 4x200m free team at the Athens Olympics...winner of the 400m free, silver in the 200m and third in the 800m event at the Telstra Australian Short Course Championships in Brisbane...winner of the Qantas Skins middle distance free event in Sydney...bronze medallist in the 800m free at the FINA World Cup in Melbourne

#### IN 2003

At the Telstra Australian Championships in Sydney, finished second in both the 400 & 800 metre free...won silver in the 4x200m free and was 16th in the 800m and 17th in the 400m free at FINA World Championships in Barcelona...finalist in the 400m free at Australian Short Course Championships in Hobart...silver medallist 800m free at the FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002**...finalist in the 200m fly at the Telstra Australian Championships in Brisbane...gold medallist in the 400m free at the Australian Age Championships in Sydney...finalist in the 200m fly at the FINA World Cup in Melbourne...**2001**...finished fifth in the final of the 200m free to qualify for her first Australian team, was also a finalist in the 200m fly and 400m free...was a member of the disqualified 4x200m winning free relay team for the FINA World Championships in Fukuoka...member of the overall women's

team victory at the Goodwill Games in Brisbane....finalist in the 200 and 400m free at the Telstra Australian Short Course Championships in Perth.... **2000**....winner of gold in both the 200 and 400m free at the Australian Age Championships in Perth....a finalist in the 100m fly at the Telstra Selection Trials....third place getter at the Qantas Skins in Sydney

## OUT OF THE POOL

**FAMILY MEMBERS:** Mother- Judy, Father- Gordon, Brothers- Geoffrey, Michael and Paul;

## PERSONAL

**STUDIES/OCCUPATION:** Canberra institute of TAFE- Business Administration; Currently I work at Swimming Australia; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Swimming; **SUPERSTITIONS:** Keep a pair of goggles in my pocket when I race; **ULTIMATE RELAXATION:** Listening to music, oil burning and watching a funny movie; **ONE THING YOU CAN'T LIVE WITHOUT:** Family and friends;

## FAVOURITE

**SPORTING TEAM:** Australian Swim Team; Nth QLD Cowboys, Australian Cricket team; **MOVIES:** Happy Gilmore and Rocky; **TV SHOW:** My Wife and Kids, Blue Heelers and The Force; **BANDS/MUSIC:** Rock music; **FOOD:** Fresh coral trout or barramundi; **CDs:** Disturbed; **DRINK:** Milo; **SWIM MEET:** Australian Open meets and Championship meets like FINA World Championships; **PETS:** Fish; **WHAT'S YOUR GREATEST ASSET?** I never give up - like the Northern Queensland Spirit; I give things a go; **HAVE ANY OF YOUR FAMILY REPRESENTED OR PLAYED SPORT AT A NATIONAL LEVEL?** Brother, Geoffrey - Australian School Boys Rugby League and Union; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My family and friends because they are there for me all the time and they help me through life; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Friendly, competitive and committed; **HOW WOULD YOU LIKE TO BE REMEMBERED?** A good person; someone who gave it their best shot; proud to be a North Queenslander; **SWIMMING CAREER ULTIMATE GOAL:** Olympic medal; **PERSONAL AMBITIONS:** To reach the heights of my swimming career; finish my business course and get into the police force; **WHAT AGE DID YOU START SWIMMING AND WHY?** At age 6 because my brothers swam at the time, coming from North QLD my parents wanted us to have pool safety; **NOTABLE QUOTE:** "Go for it".

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	4 <sup>th</sup> 4x200m free (heat swim); 7 <sup>th</sup> 400m free; 10 <sup>th</sup> 800m free; 19 <sup>th</sup> 200m free
World Champs	Fukuoka, Japan	2001	DQ 4x200m free final
	Barcelona, Spain	2003	2 <sup>nd</sup> 4x200m free; 16 <sup>th</sup> 800m free; 17 <sup>th</sup> 400m free
	Montreal, Canada	2005	2 <sup>nd</sup> 4x200m free; 6 <sup>th</sup> 400m free; 8 <sup>th</sup> 200m free; 11 <sup>th</sup> 800m free
	Melbourne, Australia	2007	4 <sup>th</sup> 4x200m free (heat swim); 8 <sup>th</sup> 400m free; 12 <sup>th</sup> 200m free
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x200m free; 4 <sup>th</sup> 400m free; 5 <sup>th</sup> 200m free
Pan Pacific Champs	Victoria, BC, Canada	2006	2 <sup>nd</sup> 200m, 4x200m free; 3 <sup>rd</sup> 4x100m free; 6 <sup>th</sup> 400m free; 9 <sup>th</sup> 800m free; 10 <sup>th</sup> 100m free
Goodwill Games	Brisbane, Australia	2001	Overall women's team victory
Dual In The Pool	Indianapolis, USA	2003	5 <sup>th</sup> 800m free; 6 <sup>th</sup> 200m free
	Irvine, USA	2005	3 <sup>rd</sup> 400m free; 6 <sup>th</sup> 200m free
	Sydney, Australia	2007	1 <sup>st</sup> 200m free; 2 <sup>nd</sup> 400m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x100m, 4x200m free; 5 <sup>th</sup> 200m free, 400m free

## PERSONAL BEST TIMES AND RANKINGS - LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	55.03		2008 Aust. Champs
200m freestyle	1:56.99	2 <sup>nd</sup>	2008 Aust. Champs
400m freestyle	4:04.73	2 <sup>nd</sup>	2008 Aust. Champs
800m freestyle	8:29.73	9 <sup>th</sup>	2008 Mare Nostrum, Barcelona

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	54.80		2007 World Cup, Sydney
200m freestyle	1:57.86		2007 NSW Open

400m freestyle	4:06.19		2005 World Cup, Sydney
800m freestyle	8:28.89		2004 World Cup, Melbourne

## ALICE MILLS

**NICKNAME:** Al, Ali and Millsy  
**D.O.B:** 23/05/1986  
**AGE:** 22  
**BORN:** Brisbane, QLD  
**LIVES:** Canberra, ACT  
**HGT:** 175cm  
**WGT:** 62kg  
**CLUB/INSTITUTE:** Chandler / AIS  
**TRAINS (Pool):** AIS  
**COACH:** Shannon Rollason



### Individual Australian Long Course Titles: 2

50m freestyle (05) 100m freestyle (05)

**CAREER HIGHLIGHTS:** Dual Olympic Games gold medallist in Athens 2004 with victory as the lead off swimmer in the world record breaking 4x100m free relay team and also as a heat swimmer in the 4x100m medley relay....gold medallist 2005 FINA World Championships as a member of the 4x100m free relay team....triple silver medallist 2003 FINA World Championships in Barcelona in the 50m free, 200m IM and as a member of the 4x200m free relay team, was also third in the 4x100m free relay....has won two gold and three bronze medals from two Commonwealth Games appearances....won silver medals in both 4x100m free and medley at 2008 FINA World Short Course Championships

#### IN 2008

Was fourth in 50 & 100m free and 100m fly at the Telstra Australian Championships / Olympic Trials in Sydney....won silver in 4x100m free & 4x100m medley, was fifth in 50m free and seventh in 100m free at FINA World Short Course Championships in Manchester....won 100m fly, was second in 50 & 100m free at Monaco leg of Mare Nostrum Series....won 100m free, was third in 50m free at Barcelona leg of Mare Nostrum Series

#### IN 2007

Was third in 50m free, fifth in 200m IM and seventh in 100m free at the Telstra Australian Championships in Brisbane (Dec 06)....was fifth in 50m free at Fujitsu Duel in the Pool in Sydney....placed third in 100m free and fourth in 50m free at World University Games in Bangkok....won silver in 100m free, was equal fourth in 50m free & fourth in 100m IM at Telstra Australian Short Course

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Karen, Dad - Graham, Brothers older Lindsay and Ashley, Sister older Kate, Sister younger Sarah; **WHAT OR WHO INSPIRES YOU:** The desire to achieve; **ROLE MODELS:** People who know what they want and go about getting it

#### PERSONAL

**STUDIES/OCCUPATION:** Completing Bachelor of Nursing at The University of Canberra; **SPORTS BEFORE**

**SWIMMING AND SPORTS YOU PLAY NOW:** In school I did netball, softball, and athletics, but I'm really not coordinated. I can't throw or catch very well; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I'm a die

Championships in Melbourne....broke world record in 4x100m free time trial at Australian Short Course Championships....was second in 50m free at the FINA World Cup in Sydney

#### IN 2006

Won gold in 4x100m free and bronze in the 50 & 100m free and 50m fly at Commonwealth Games in Melbourne....won silver in 50m free and bronze in 50 & 100m fly and 100m free at Telstra Commonwealth Games Trials in Melbourne....was second in 50m free at Monaco leg of Mare Nostrum series

#### IN 2005

Following her relocation to the AIS, won maiden FINA World Championship gold medal as a member of 4x100m free relay team in Montreal....also a finalist in the 50 and 100m free events....one of the stars of the Telstra Trials claiming her maiden Australian championships in both the 50m free in a new Commonwealth record and 100m free along with silver in the 50m fly and third in the 100m fly....won the 50m fly at the FINA World Cup in Sydney

#### IN 2004

Won two gold and claimed world record in 4x100m free relay at the Athens Olympic Games....was tenth in 200m IM at Olympic Games....at the Telstra Trials she set a Commonwealth record in the semi final of the 200m IM and finished second in the final and also third in the 100m free to qualify for the Games team....claimed seven gold medals at the Australian Age Championships in Perth....winner of the Qantas Skins mystery medley event....grabbed first in the 100m IM

and second place in the 50m fly, 50 and 100m free at the FINA World Cup in Melbourne

#### IN 2003

Triple silver medallist from the FINA World Championships in Barcelona in the 50m free, 200m IM (in a new Commonwealth record) and as a member of the 4x200m free relay team, was also third in the 4x100m free relay....finished second in both the 50m free and 200m IM and third in the 100m free at the Australian Championships to make her first ever World Championship team....claimed four gold medal at the Australian Age Championships in Brisbane....winner of the 100m and 200m IM and second placegetter in the 100m free at the Australian Short Course Championships in Hobart....bronze medallist in the 200m IM at the FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002**....gold medallist Commonwealth Games and Pan Pacific Championships in the 4x100m free relay.... third in the 200m IM and 50m free as well as fourth in the 100m free to qualify for her first ever senior Australian teams....winner of five gold medals at the Australian Age Championships in Sydney....claimed her maiden Australian Short Course championship in the 200m IM and silver in both the 100m IM and 100m free in Melbourne ...**2001**...winner of five gold medals at the Australian Age Championships in Melbourne....placed fourth in the 200m IM at the Australian Short Course Championships in Perth.... **2000**....gold medallist in the 200m IM at the Australian Age Championships in Perth

hard 'Friends' Fan... love the show and I think I could recall any episode...; **SUPERSTITIONS:** Are silly; **ULTIMATE RELAXATION:** Just sleeping; **SPECIALTY IN THE KITCHEN:** I like a good Chicken Schnitzel; **ONE THING YOU CAN'T LIVE WITHOUT:** My friends; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** I like to not think about swimming, go shopping, watch a good movie, and just sit and talk with my friends.

**FAVOURITE**

**SPORTING TEAM:** Brisbane Lions; **MOVIES:** Life as a House; **TV SHOW:** Friends... and the Simpsons (my 21<sup>st</sup> was a Simpson's dress up theme!); **BANDS/MUSIC:** Pete Murray, Missy Higgins, Sneaky Sound System; **CD'S:** As Above...; **FOOD:** Like most girls, I find it hard to say no to chocolate; **DRINK:** Lemon, Lime and Bitters; **SWIM MEET:** Olympics; **HOBBIES:** If I'm not studying... Shopping, or going to the movies, I don't sew or anything! **PETS:** Dog - Digger (he was born on Anzac Day); **BEST MATES:** Tarnee White; **LAST BOOK YOU READ:** Harry Potter... the last one; **WHAT'S YOUR GREATEST ASSET?** I like to look after people; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No, well except me!

**WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** I would say my Coach, Shannon, he has made me the swimmer I am, and allowed me to have a great career through his training and guidance; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Loving, fun, determined; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As someone who achieved to my full potential... And as a person, not just 'Alice the Swimmer'; **SWIMMING CAREER ULTIMATE GOAL:** To be highly successful and as a good role model; **PERSONAL AMBITIONS:** To be a paediatric nurse, making sure all the children are happy and healthy; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** I've gone thru some very hard times and struggled with my confidence, but I have come out the other side, and am ready for anything; **WHAT AGE DID YOU START SWIMMING AND WHY?** Growing up in QLD everyone gets in the pool at a young age, plus I wanted to be like my brothers and sister; **FAVOURITE SWIMMER AND WHY?** Jen Reilly, because she is so gutsy, and also a wonderfully funny girl and a good leader; **FAVOURITE ATHLETE AND WHY?** Roger Federer. Watch him play, you'll see why. A great athlete, focused, determined, successful and worlds ahead of his opponents; **NOTABLE QUOTE:** Learn from the mistakes of others... Life's too short to make them all yourself

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	1 <sup>st</sup> 4x100m free, 4x100m medley (heat swim); 4x200m free; 10 <sup>th</sup> 200m IM
World Champs	Barcelona, Spain	2003	2 <sup>nd</sup> 50m free, 4x200m free, 200m IM; 3 <sup>rd</sup> 4x100m free
	Montreal, Canada	2005	1 <sup>st</sup> 4x100m free; 5 <sup>th</sup> 50m free; 6 <sup>th</sup> 100m free; 10 <sup>th</sup> 50m fly
Commonwealth Games	Manchester, England	2002	1 <sup>st</sup> 4x100m free; 4 <sup>th</sup> 50m free; 5 <sup>th</sup> 200m IM
	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m free; 3 <sup>rd</sup> 50m, 100m free, 50m fly
World Short Course	Manchester, England	2008	2 <sup>nd</sup> 4x100m free, 4x100m medley; 5 <sup>th</sup> 50m free; 7 <sup>th</sup> 100m free
Pan Pacific Champs	Yokohama, Japan	2002	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 4x200m free; 4 <sup>th</sup> 50m free; 5 <sup>th</sup> 200m IM
Duel in the Pool	Indianapolis, USA	2003	3 <sup>rd</sup> 100m free; 4 <sup>th</sup> 50m free
	Irvine, USA	2005	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 50m free; 4 <sup>th</sup> 100m free
	Sydney, Australia	2007	5 <sup>th</sup> 50m free
World University Games	Bangkok, Thailand	2007	3 <sup>rd</sup> 100m free; 4 <sup>th</sup> 50m free; 7 <sup>th</sup> 4x100m medley; 11 <sup>th</sup> 50m fly, 4x100m free; 25 <sup>th</sup> 200m free

**PERSONAL BEST TIMES AND RANKINGS - LONG COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	24.49	3rd	2005 Aust. Champs
100m freestyle	53.96	4th	2005 Aust. Champs
50m butterfly	26.64	7th	2006 Aust. Champs
100m butterfly	58.16	5th	2006 Aust. Champs
200m IM	2:12.47	3rd	2004 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	24.46	3rd	2008 World Champs
100m freestyle	53.24	3rd	2008 World Champs
50m butterfly	26.21	5th	2005 World Cup, Sydney
100m butterfly	59.04	8th	2004 World Cup, Melbourne
100m IM	1:00.73	3rd	2004 World Cup, Melbourne
200m IM	2:09.86	3rd	2005 World Cup, Sydney



## KENRICK MONK

**NICKNAME:** Kenny  
**D.O.B:** 1/1/1988  
**AGE:** 20  
**BORN:** Blacktown, NSW  
**LIVES:** Sydney, NSW  
**HGT:** 197cm  
**CLUB/INSTITUTE:** SAC Seals / NSWIS  
**TRAINS (Pool):** Sydney Aquatic Centre  
**COACH:** Tony Shaw



### Individual Australian Long Course Titles: 1

1 - 200m freestyle (07)

**CAREER HIGHLIGHTS:** Won gold in 4x100m medley (as a heat swimmer), silver in 4x200m free and was fourth in 200m free at 2007 FINA World Championships....won gold in 200m free and 4x200m free at 2008 FINA World Short Course Championships....won gold (as a heat swimmer) in the 4x100m medley and bronze in the 4x200m free at the 2006 Commonwealth Games....added bronze in 4x100 & 4x200m free at 2006 Pan Pacific Championships....won a gold, silver and two bronze at 2005 Junior Pan Pacs....has won nine Australian Age titles....current world record holder (short course) 4x200m free

### IN 2008

Was second in 200m free & seventh in the 100m free at the Telstra Australian Championships / Olympic Trials in Sydney....won 200m free & 4x200m free, was fourth in 4x100m medley, fifth in 4x100m free and ninth in 100m free at FINA World Short Course Championships in Manchester

### IN 2007

Won maiden open National title with victory in 200m free, and was third in 100m free, at the Telstra Australian Championships in Brisbane (Dec 06)....won gold in 4x100m medley (as a heat swimmer), silver in 4x200m free, was fourth in 200m free and fifth in 4x100m free at FINA World Championships in Melbourne....won mixed 4x100m free and was second in 200m free at the Fujitsu Duel in the Pool in Sydney....won 200m, 4x100 & 4x200m free at Japan International Swim Meet in Chiba....won 200m free, was fourth in 100m free at Telstra Australian Short Course Championships in Melbourne....broke world record in 4x200m free time trial at Australian Short Course Championships....won 200 & 400m free, was second in 100m free at FINA World Cup in Singapore

### IN 2006

Won gold (as a heat swimmer) in the 4x100m medley, bronze in the 4x200m free, was seventh in the 100m free and 9th in the 200m free at the 2006 Commonwealth Games in Melbourne....claimed fourth place in the 200m free and fifth in the 100m free at the Telstra Commonwealth Games Trials to qualify for his first major Australian team....won two gold and a bronze at Fisher & Paykel Australian Age Championships in Sydney....was a finalist in 100 & 200m free at Swim Meet of Champions in Mission Viejo and Santa Clara International....won 100m free at Telstra GP 1 and 200m free at Telstra GP 2 in Brisbane....won bronze in 4x100m & 4x200m free and was sixth in 200m free at Pan Pacific Championships in Victoria, BC....added silver in 200m free and third in 100m free at Telstra Australian Short Course Championships in Hobart

### IN 2005

Semi finalist in the 200m free at the Telstra Trials in Sydney....the winner of the 200m free and silver medallist in the 100m event at the Fisher and Paykel Australian Age Championships in Brisbane....won gold in 4x100m free, silver in 4x200m free and bronze in both 100 & 200m free at Junior Pan Pacific Championships in Maui....fifth in the 100m free at the Telstra Australian Short Course Championships in Melbourne....fourth placegetter in the 200m free at the Telstra FINA World Cup in Sydney

### IN 2004

Semi finalist in the 200m free at the 2004 Telstra Olympic Team Selection Trials in Sydney....winner of the 16 years 100, 200 and 400m free titles at the Fisher & Paykel Australian Age Championships in Perth....multiple winner on the Fisher and Paykel Trans Tasman Series....finalist in the 200m free at the Telstra Australian Short Course Championships in Brisbane

### IN 2003

Gold medallist in the 15 years 100, 200 and 400m free at the Fisher and Paykel Australian Age Championships in Brisbane....member of the Fisher and Paykel Trans Tasman Series

### PREVIOUS YEARS

**2002**....2nd 400m free & 3rd 200m free at Australian Age Championships in Sydney....**2001**....triple finalist at Tip Top Australian Age Championships in Melbourne

## OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Margaret, Dad - John, Sisters - Nicole and Jenny; **WHAT OR WHO INSPIRES YOU:** Family; **ROLE MODELS:** My Dad

## PERSONAL

**STUDIES/OCCUPATION:** Student; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Swimming; **SPECIALITY IN THE KITCHEN:** BBQ; **ONE THING YOU CAN'T LIVE WITHOUT:** My dog; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Walk my dog and go to the beach

## FAVOURITE

**SPORTING TEAM:** Eels; **MOVIES:** All of them; **TV SHOW:** The OC; **BANDS/MUSIC:** House; **CDs:** Spice World; **FOOD:** Chocolate; **DRINK:** Lemon lime and bitters; **SWIM MEET:** Commonwealth Games Trials 2006; **HOBBIES:** None; **PETS:** Dog, fish and birds; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** Mum and Dad, took me to the pool; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Big, nice and funny; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As a nice guy; **SWIMMING CAREER ULTIMATE GOAL:** Olympics; **WHAT AGE DID YOU START SWIMMING AND WHY?** Four, because my mum made me; **FAVOURITE SWIMMER AND WHY?** Ian Thorpe because he's the best ever; **FAVOURITE ATHLETE AND WHY?** Tiger Woods; **NOTABLE QUOTE:** "Have fun".

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley (heat swim); 2 <sup>nd</sup> 4x200m free; 4 <sup>th</sup> 200m free; 5 <sup>th</sup> 4x100m free
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m medley (heat swim); 3 <sup>rd</sup> 4x200m free; 7 <sup>th</sup> 100m free; 9 <sup>th</sup> 200m free
World Short Course	Manchester, England	2008	1 <sup>st</sup> 200m, 4x200m free; 4 <sup>th</sup> 4x100m medley; 5 <sup>th</sup> 4x100m free; 9 <sup>th</sup> 100m free; 26 <sup>th</sup> 50m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 4x100m, 4x200m free; 6 <sup>th</sup> 200m free
Duel in the Pool	Sydney, Australia	2007	1 <sup>st</sup> 4x100m mixed free; 2 <sup>nd</sup> 200m free
Junior Pan Pacs	Maui, USA	2005	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 4x200m free; 3 <sup>rd</sup> 100m, 200m free; 5 <sup>th</sup> 400m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 200m, 4x100m, 4x200m free

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	49.34	9th	2007 Japan International
200m freestyle	1:47.10	6th	2008 Aust. Champs
400m freestyle	3:54.74		2004 Aust. Age

## PERSONAL BEST TIMES AND RANKINGS- SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	47.97	10th	2007 Aust. Champs
200m freestyle	1:43.27	4th	2007 Aust. Champs
400m freestyle	3:49.31		2007 World Cup, Singapore



## PATRICK MURPHY

**NICKNAME:** Murph  
**D.O.B:** 22/02/1984  
**AGE:** 24  
**BORN:** Albury, NSW  
**LIVES:** Canberra, ACT  
**HGT:** 189cm  
**WGT:** 90kg  
**CLUB/INSTITUTE:** Melbourne Vicentre / AIS  
**TRAINS (Pool):** AIS  
**COACH:** Vince Raleigh



### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Represented Australia at the 2004 Olympics in the 200m back....has won a silver and two bronze medals in relays from the 2005 & 2007 FINA World Championships....semi finalist in 200m free at 2007 World Championships....has won medals in free and back at Australian Championships (long course) and free and IM (short course)....won gold in 4x200m and was eighth in 400m free at 2007 Japan International Swim Meet

#### IN 2008

Was fifth in 50 & 100m free at the Telstra Australian Championships / Olympic Trials in Sydney....was second in 100, 200 & 400m free at Monaco leg of Mare Nostrum series....won 200 & 400m free at Barcelona leg of Mare Nostrum series

#### IN 2007

Won silver in the 200m free and was fourth in the 100m free at the Telstra Australian Championships in Brisbane (Dec 06)....won silver in 4x200m free, fifth as a heat swimmer in the 4x100m free and finished 13th in the 200m free at the FINA World Championships in Melbourne....second in 4x100m free and fifth in 200m free at Fujitsu Duel in the Pool in Sydney....won gold in 4x200m and

was eighth in 400m free at Japan International Swim Meet in Chiba....placed second in 400m free and third in 200m free at the FINA World Cup in Sydney

#### IN 2006

Finished 7th in 200m free at Telstra Commonwealth Games Trials in Melbourne....suffered virus in week leading up to Trials...won silver in 200m free at Monaco leg of Mare Nostrum series....was a finalist in the 100 & 200m free and 200m back at Swim Meet of Champions in Mission Viejo....finalist in 200 & 400m free at Santa Clara International....won 400m free at Telstra GP2 in Brisbane....won silver in 100 & 200m IM, bronze in 200m free, was fourth in 100m free and seventh in 400m free at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Won bronze in the 4x100m free (swimming the anchor leg) and 4x200m free at FINA World Championships in Montreal....was a semi finalist in 200m back at FINA World Championships....finished 3rd in 200m free, 5th in 200m back and 6th in 100m free at Telstra Trials in Sydney....placed 6th 100m free at Telstra Australian Short Course Championships in

Melbourne....was a finalist in 200m free & back at Telstra FINA World Cup in Sydney

#### IN 2004

Was 18th in 200m back at Athens Olympics....won silver medal in 200m back at Telstra Olympic Team Selection Trials in Sydney....selected for first ever Australian Team

#### IN 2003

Won first ever National medals when third in 100m and 200m back at Telstra Australian Short Course Championships in Hobart....was fifth in 200m back at Telstra Australian Championships in Sydney....was a finalist in five events at Telstra FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002**....contested the Telstra Australian Championships in Brisbane....**2001**....was a finalist in five events at the Tip Top Australian Age Championships in Melbourne....**2000**.... contested the Telstra Selection Trials in Sydney and the Telstra Australian Short Course Championships in Melbourne....won three silver at the Tip Top Australian Age Championships in Perth

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mother- Anne, Father- Brian, Brothers- Jacque and James, Sister- Belinda; **WHAT OR WHO INSPIRES YOU:** When people try their hardest; **ROLE MODELS:** Dan Kowalski and Grant Hackett.

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Water Polo, AFL, tennis and golf; **INTERESTING FACTS**

**PEOPLE MAY NOT KNOW ABOUT YOU NOW:** I used to live in Fiji for 10 years; I played AFL with a few AFL stars (Luke Ball, Jabe Watson and Cam Hunter); **SUPERSTITIONS:** Wipe the water off the blocks before I start a race; **ULTIMATE RELAXATION:** Sleeping, eating, watching TV and shopping; **SPECIALITY IN THE KITCHEN:** Pumpkin soup; **ONE THING YOU CAN'T LIVE WITHOUT:** My bed; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Catching up with friends and relaxing at the beach.

#### FAVOURITE

**SPORTING TEAM:** Carlton; **MOVIES:** Happy Gilmore; **TV SHOW:** The OC **BANDS/MUSIC:** Jack Johnson; **CDs:** R&B Collection; **FOOD:** Japanese; **DRINK:** Apple juice; **SWIM MEET:** Olympic Games trials; **HOBBIES:** Lazing around the home and doing nothing; watching movies; **PETS:** Cat - Meysey, I don't like it though, Dog: Lester; **LAST BOOK READ:** Can't remember; **WHAT'S**

**YOUR GREATEST ASSET?** My car (1982 Toyota Camry); **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My grandmother who was always caring and willing to help anyone; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Laid back Pat; **HOW WOULD YOU LIKE TO BE REMEMBERED?** A decent person that gave his best; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Gold medal and no regrets; **PERSONAL AMBITIONS:** To be happy; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** On going shoulder problem; **WHAT AGE DID YOU START SWIMMING AND WHY?** At the age of 10 because my brother used to beat me; **FAVOURITE SWIMMER AND WHY?** Alex Popov because he is the best technician ever; **FAVOURITE ATHLETE AND WHY?** Daniel Kowalski as he is still the only person I know to win an Olympic medal in the 200, 400 and 1500m freestyle; **NOTABLE QUOTE:** "Attitude is everything."

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	18 <sup>th</sup> 200m back
World Champs	Montreal, Canada	2005	3 <sup>rd</sup> 4x100m, 4x200m free; 16 <sup>th</sup> 200m back
	Melbourne, Australia	2007	2 <sup>nd</sup> 4x200m free; 5 <sup>th</sup> 4x100m free (heat swim); 13 <sup>th</sup> 200m free
Duel in the Pool	Irvine, USA	2005	2 <sup>nd</sup> 4x100m free, 4x100m medley; 5 <sup>th</sup> 100m free, 200m back
	Sydney, Australia	2007	2 <sup>nd</sup> 4x100m free; 5 <sup>th</sup> 200m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x200m free; 8 <sup>th</sup> 400m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	49.27	10 <sup>th</sup>	2008 Aust. Champs
200m freestyle	1.46.67	3 <sup>rd</sup>	2008 Aust. Champs
400m freestyle	3.50.67		2007 Japan International / 2008 Mare Nostrum, Monaco
200m backstroke	2.00.13	10 <sup>th</sup>	2004 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	48.69		2007 World Cup, Sydney
200m freestyle	1:44.78	9 <sup>th</sup>	2007 World Cup, Sydney
400m freestyle	3:43.12	7 <sup>th</sup>	2007 World Cup, Sydney
200m backstroke	1.55.54		2003 World Cup, Melbourne
100m IM	55.70		2006 Aust. Champs
200m IM	1:59.66		2006 Aust. Champs

## MEAGEN NAY

**NICKNAME:** Megs  
**D.O.B:** 05/10/88  
**AGE:** 19  
**BORN:** Gold Coast, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 175cm  
**WGT:** 61kg  
**CLUB/INSTITUTE:** St Peters Western/ QAS  
**TRAINS (Pool):** St Peters College  
**COACH:** Michael Bohl

### Individual Australian Long Course Titles: 1

1 - 200m backstroke (08)

**CAREER HIGHLIGHTS:** Has won 16 medals, including five gold at Australian Age Championships....won two gold, a silver and a bronze 2007 Jnr Pan Pacs....claimed four gold and two silver at 2006 Oceania Championships....won 200m back at 2008 Telstra Australian Championships / Olympic Trials....was fifth in 200m back at 2008 FINA World Short Course Championships....won a gold and five silver at 2004 Commonwealth Youth Games....current Commonwealth record holder in 200m back (long course)

#### IN 2008

Won 200m back at the Telstra Australian Championships / Olympic Trials in Sydney....set Commonwealth record in 200m back at Telstra Australian Championships....was fifth in 200m back at FINA World Short Course Championships in Manchester....placed third in 200m back at Seven Hills Invitational in Rome....was third in 200m back at Barcelona leg of Mare Nostrum series

#### IN 2007

Was fourth in the 50 & 200m back and fifth in the 100m back at the Telstra Australian Championships in Brisbane (Dec 06)....won gold in 4x100 & 4x200m free, silver in 100m back and bronze in 200m back at Jnr Pan Pacs in Maui....won 200m back and was second in 50 & 100m free and 100m back at Australian Age Championships in Perth....placed sixth in 200m back at Japan International Swim Meet in Chiba....was third in 200m back at Telstra Australian Short Course Championships in Melbourne....was second in 200m back & 400m free and was third in 100m free at FINA World Cup in Singapore....won silver in 200m back at the FINA World Cup in Sydney

#### IN 2006

Claimed gold in 100 & 200m back plus 800m free, silver in 400m free and bronze in 100 & 200m free at Fisher & Paykel Australian Age Championships in Sydney....won gold in 200m back as well as 4x100m free, 4x200m & 4x100m

medley and was second in 50 & 100m back at Oceania Championships in Cairns....was fourth in 200m back and eighth in 100m back & 400m free at Telstra Australian Short Course Championships in Hobart....finished eighth in 200m back at Telstra Commonwealth Games Trials in Melbourne....placed second in 200m back and was fifth in 200m free at Swim meet of Champions in Mission Viejo

#### IN 2005

Won gold in 200m back and silver in 400m, 800m free and 100m back as well as bronze in 200m free at Fisher & Paykel Australian Age Championships in Brisbane....placed eighth in 400m free and 200m back at Telstra Trials in Sydney

#### IN 2004

Picked up bronze in 200m free at Fisher & Paykel Australian Age Championships in Perth....won gold in 200m free and silver in 400m, 800m, 1500m, 4x100m & 4x200m free at Commonwealth Youth Games in Bendigo

### AWAY FROM THE POOL (OCT 06)

**STUDIES/OCCUPATION:** Traineeship in Sports Development; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY**

**NOW:** Touch football, surf life saving; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I'm half German; **SUPERSTITIONS:** Ghosts; **ULTIMATE RELAXATION:** Surfing, sleeping; **SPECIALTY IN THE KITCHEN:** Chicken Stir-fry; **ONE THING YOU CAN'T LIVE WITHOUT:** The beach

### FAVOURITES

**SPORTING TEAM:** Brisbane Broncos in the NRL; **MOVIES:** The Notebook, Fast and Furious, Blue Crush; **TV SHOW:** Grey's Anatomy; **BANDS/MUSIC:** Casacada; **CD'S:** The song Sexy Back by Justin Timberlake; **FOOD:** Ice Cream, chocolate; **DRINK:** Cordial, Coke; **SWIM MEET:** Age Nationals; **HOBBIES:** Surfing, shopping; **PETS:** Dog and a fish; **FAMILY MEMBERS:** Mum, 2 sisters and a brother;

**HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Yes my dad, 1972 Olympics and Commonwealth Games; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** My Mum and Pop, showing me the way in life, and have been through so much and proof you can come out the other side; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Outgoing, fun, blonde;

**HOW WOULD YOU LIKE TO BE REMEMBERED?** Hard working; **SWIMMING SHORT TERM GOALS:** Achieve Pbs; **SWIMMING CAREER ULTIMATE GOAL:** Olympics and Australian teams; **PERSONAL AMBITIONS:** Have fun; **WHAT AGE DID YOU START SWIMMING AND WHY?** I think at age 8 because my mum was a swimming teacher; **FAVOURITE SWIMMER AND WHY?** Katie Hoff and Natalie Coughlin - Unbelievable; **FAVOURITE ATHLETE AND WHY?** Lance Armstrong - Champion; **NOTABLE QUOTE:** "Dance like no one is watching, Love like you have never been hurt, and Live like it is heaven on earth"

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Short Course	Manchester, England	2008	5 <sup>th</sup> 200m back
Junior Pan Pac Champs	Maui, USA	2007	1 <sup>st</sup> 4x100m, 4x200m free; 2 <sup>nd</sup> 100m back; 3 <sup>rd</sup> 200m back
Oceania Championships	Cairns, Australia	2006	1 <sup>st</sup> 200m back, 4x100m, 4x200m free, 4x100m medley; 2 <sup>nd</sup> 50m, 100m back; 4 <sup>th</sup> 100m free
Commonwealth Youth Games	Bendigo, Australia	2004	1 <sup>st</sup> 200m free; 2 <sup>nd</sup> 400m, 800m, 1500m, 4x100m, 4x200m free; 4 <sup>th</sup> 50m back
Japan International Swim Meet	Chiba, Japan	2007	6 <sup>th</sup> 200m back

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	55.92		2007 Pan Pac Invitational
200m freestyle	2:00.77		2007 Pan Pac Invitational
50m backstroke	29.42		2007 Aust. Champs
100m backstroke	1:00.80	4 <sup>th</sup>	2008 Aust. Champs
200m backstroke	2:08.55	Commonwealth Record	2008 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	54.82		2007 Aust. Champs
200m freestyle	1:58.77		2007 World Cup, Sydney
50m backstroke	29.02		2007 World Cup, Singapore
100m backstroke	1:00.17		2007 Aust. Champs
200m backstroke	2:05.47	2 <sup>nd</sup>	2008 World Champs

## TRAVIS NEDERPELT

**NICKNAME:** Mr T  
**D.O.B:** 10/06/1985  
**AGE:** 23  
**BORN:** Perth, WA  
**LIVES:** Melbourne, VIC  
**HGT:** 184cm  
**WGT:** 73kg  
**CLUB/INSTITUTE:** Melbourne Vicentre  
**TRAINS (Pool):** MSAC  
**COACH:** Ian Pope



### Individual Australian Long Course Titles: 6

1- 800m freestyle (02); 3 - 200m butterfly (05, 06, 07); 2 - 400m individual medley (06, 08)

### Individual Australian Open Water Titles: 1

1 - 5km (08)

**CAREER HIGHLIGHTS:** Olympic finalist 400IM in 2004....competed at three FINA World Championships....claimed silver and bronze at lone Commonwealth Games....won bronze in 10km open water and was fourth in 200m fly and 400m IM at 2006 Pan Pacific Championships....won first National title at age 16 in 2002....has won 20 gold medals at Australian Age Championships....claimed seven gold at the 2003 Australian Youth Olympic Festival

#### IN 2008

Won 5km, was third in 10km at the Australia Open Water Swimming Championships in Sydney (Dec 07)....won gold in 400m IM, silver in 200m fly, bronze in 200m IM & was seventh in 1500m at the Telstra Australian Championships / Olympic Trials in Sydney

#### IN 2007

Won 200m fly, was second in 400m IM, third in 200m IM and eighth in the 400m free at the Telstra Australian Championships in Brisbane (Dec 06)....was 13th in 200m fly and 400m IM in FINA World Championships in Melbourne....was second in 200m fly and third in 400m IM at Fujitsu Duel in the Pool in Sydney....was seventh in 400m IM & eighth in 200m fly at Japan International Swim Meet in Chiba....was sixth in 100m fly at Telstra Australian Short Course Championships in Melbourne

#### IN 2006

Won silver in 200m fly, bronze in 400m IM and was 7th in 1500m free at Commonwealth Games in Melbourne....took out the 200m fly and 400m IM, was second in 1500m free and 3rd in 200m IM at Telstra Commonwealth Games Trials in Melbourne....won bronze in 10km open water and was fourth in 200m fly and 400m IM at Pan Pacific Championships in Victoria, BC

#### IN 2005

Was ninth in the 200m fly and 14th in the 400m IM at FINA World Championships in Montreal....won the 200m fly, was second in the 400m IM & 3rd in the 1500m free at Telstra Trials in Sydney....was third in 200m fly and 400m IM at Duel in the Pool

#### IN 2004

Was eighth in 400m IM in first ever Olympic appearance at Athens Games....was also 17th in 200m fly at Athens Olympics....was second in both 200m fly and 400m IM & fourth in 1500m free....won 4 gold, a silver and a bronze at Fisher & Paykel Australian Age Championships in Perth

#### IN 2003

Finished eighth in 200m fly at the FINA World Championships in Barcelona....made senior Australian Team debut at Duel in the Pool in

Indianapolis....was second in 200m fly and fourth in 400m IM at the Telstra Australian Championships in Sydney....won seven gold at Australian Youth Olympic Festival in Sydney....claimed seven gold and a silver at Fisher & Paykel Australian Age Championships in Brisbane....was first in 17-18 years and third in Open 5k at Australian Open Water Championships

#### PREVIOUS YEARS

**2002**....won 800m free at Telstra Australian Championships in Brisbane....claimed silver in 800m and bronze in 400 & 1500m free at Telstra Australian Short Course Championships in Melbourne....added five gold and three silver at Fisher & Paykel Australian Age Championships in Sydney....represented Australia in Trans Tasman Series....won a gold, silver and bronze at Oceania Championships in Noumea.... won 16 years 5k at Australian Open Water Championships....**2001**.... claimed three gold, two silver and a bronze at Tip Top Australian Age Championships in Melbourne....was a finalist in three events at Telstra Australian Championships in Hobart.... won 15 years 5k at Australian Open Water Championships....**2000**....took home a gold, two silver and a bronze from Tip Top Australian Age Championships in Perth

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mother- Cheryl, Father- Rudolf, Brothers- Duncan, Jarrad, Warren, Michael, and Andrew. Sisters- Jocelyn, Katrina, Kimberly **WHAT OR WHO INSPIRES YOU:** All my family and friends; **ROLE MODELS:** Family and friends

## PERSONAL

**STUDIES/OCCUPATION:** Bachelor of Marine Science at Murdoch University; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Watching TV; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU NOW:** I have 11 people in my family; **SUPERSTITIONS:** None; **ULTIMATE RELAXATION:** Sleep; **SPECIALTY IN THE KITCHEN:** Making a mess; **ONE THING YOU CAN'T LIVE WITHOUT:** My teddy bears; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Watch TV

## FAVOURITE

**SPORTING TEAM:** West Coast Eagles; **MOVIES:** Cliff Hanger; **TV SHOW:** Family Guy; **BANDS/MUSIC:** Krafty Kuts; **CDs:** Trika Technology; **FOOD:** Spaghetti **DRINK:** Banana milkshake; **SWIM MEET:** The Olympic Games; **HOBBIES:** Collecting marine fish, reading and fishing; **PETS:** 1 dog, 2 cats and 100 fish; **WHAT'S YOUR GREATEST ASSET?** My big toe; **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** My brother Jarrad went to the 2002 and 2004 Oceania Championships for Open Water; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My brother Jarrad because he has always swum with me, and supported me, along with being my best mate; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** I don't know; **SWIMMING SHORT TERM GOALS:** Improve my international ranking; **SWIMMING CAREER ULTIMATE GOAL:** Be the best; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** I broke my wrist before the 2003 World Championship Trials; **WHAT AGE DID YOU START SWIMMING AND WHY?** At three months so that I didn't drown; **FAVOURITE SWIMMER AND WHY?** The whole team; **FAVOURITE ATHLETE AND WHY?** All the West Coast Eagles; **NOTABLE QUOTE:** What the duce!

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	8 <sup>th</sup> 400m IM; 17 <sup>th</sup> 200m fly
World Champs	Barcelona, Spain	2003	8 <sup>th</sup> 200m fly
	Montreal, Canada	2005	9 <sup>th</sup> 200m fly; 14 <sup>th</sup> 400m IM
	Melbourne, Australia	2007	13 <sup>th</sup> 200m fly, 400m IM
Commonwealth Games	Melbourne, Australia	2006	2 <sup>nd</sup> 200m fly; 3 <sup>rd</sup> 400m IM; 7 <sup>th</sup> 1500m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 10km; 4 <sup>th</sup> 200m fly, 400m IM; 9 <sup>th</sup> 200m IM
Duel in the Pool	Indianapolis, USA	2003	5 <sup>th</sup> 200m fly; 6 <sup>th</sup> 100m fly, 400m IM
	Irvine, USA	2005	3 <sup>rd</sup> 200m fly, 400m IM
	Sydney, AUS	2007	2 <sup>nd</sup> 200m fly; 3 <sup>rd</sup> 400m IM
Oceania Champs	Noumea, New Caledonia	2002	1 <sup>st</sup> 1500m free; 2 <sup>nd</sup> 200m fly; 3 <sup>rd</sup> 400m free
Australian Youth Olympic Festival	Sydney, AUS	2003	1 <sup>st</sup> 400m, 800m, 1500m, 4x200m free, 200m, 400m IM, 200m fly
Japan International Swim Meet	Chiba, Japan	2007	7 <sup>th</sup> 400m IM; 8 <sup>th</sup> 200m fly

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
1500m freestyle	15:17.66		2005 WA Champs
200m butterfly	1:56.06	2 <sup>nd</sup>	2008 Aust. Champs
200m IM	2:02.39	10 <sup>th</sup>	2007 Aust. Champs
400m IM	4:16.31	3 <sup>rd</sup>	2008 Aust. Champs

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
400m freestyle	3:44.99	10 <sup>th</sup>	2004 World Cup, Melbourne
1500m freestyle	14:57.83	9 <sup>th</sup>	2004 World Cup, Melbourne
200m butterfly	1:58.29		2004 World Cup, Melbourne
400m IM	4:12.47	7 <sup>th</sup>	2002 WA Champs

# KIRK PALMER

**NICKNAME:** Bear  
**D.O.B:** 12/10/86  
**AGE:** 21  
**BORN:** Central Coast, NSW  
**LIVES:** Canberra, ACT  
**HGT:** 193cm  
**WGT:** 92kg  
**CLUB/INSTITUTE:** Barker/AIS  
**TRAINS (Pool):** AIS  
**COACH:** Vince Raleigh

## Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won 4x200m free and was second in 200m free at 2008 FINA World Short Course Championships...won two gold, a silver and two bronze at 2006 Oceania Championships...claimed gold, two silver and a bronze at 2005 Junior Pan Pacific Championships...won the 100m free at 2006 Telstra Australian Short Course Championships... won gold in 4x200m and was fourth in 200m free at 2007 Japan International Swim Meet...current world record holder (short course) 4x200m free

### IN 2008

Was sixth in 100m free & ninth in the 200m free at the Telstra Australian Championships / Olympic Trials in Sydney.....won 4x200m free, was second in 200m free, fifth in 4x100m free and eleventh in 100m free at FINA World Short Course Championships in Manchester...won 100m free, was third in 200m free at Monaco leg of Mare Nostrum series...was third in 200m free at Barcelona leg of Mare Nostrum series

### IN 2007

Was fourth in the 50m fly & seventh in the 50m free at the Telstra Australian Championships in Brisbane (Dec 06)...won gold in 4x200m and was fourth in 200m free at Japan International Swim Meet in Chiba...dead heated for silver in 100m free, bronze in 200m free at Telstra Australian Short Course Championships in Melbourne...broke world record in 4x200m free time trial at Australian Short Course Championships

### IN 2006

Placed tenth in the 100m free at the Telstra Commonwealth Games Trials in Melbourne...won 100m free & was third in 50m free at Telstra Australian Short Course Championships in Hobart...won gold in all three free relays, silver in 50m fly and bronze in 100 & 200m free at Oceania Championships in Cairns...placed fourth in 100m free at Monaco leg of Mare Nostrum Series

### IN 2005

Won gold in 100m free and 4x100m free, silver in 50m free and bronze in 4x100m medley at the Junior Pan Pacs in Maui...placed eighth in 100m free at the Telstra Trials in Sydney...semi finalist in 100m free at Telstra Australian Short Course Championships in Melbourne...won bronze in 100 & 200m free at Fisher & Paykel Australian Age Championships in Brisbane

### IN 2004

Collected silver in 100m free at Fisher & Paykel Australian Age Championships in Perth...finished seventh in 50m free at Telstra Australian Short Course Championships in Brisbane

### IN 2003

Won the 100m free at Fisher & Paykel Australian Age Championships in Brisbane

## OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Gail, Dad - Ian, Older Sister - Crystal; **WHAT OR WHO INSPIRES YOU:**

**ROLE MODELS:** Parents, my grandfather, training partners

## PERSONAL

**STUDIES/OCCUPATION:** Animation & visual effects for film; **SPORTS BEFORE SWIMMING AND SPORTS YOU**

**PLAY NOW:** Basketball, Surf Life Saving; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:**

**SUPERSTITIONS:** None; **ULTIMATE RELAXATION:** Listening to music, reading, drawing; **SPECIALTY IN THE**

**KITCHEN:** Vegemite on toast; **ONE THING YOU CAN'T LIVE WITHOUT:** Family and friends; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Spend time with mates, relax at the beach

**FAVOURITE:**

**SPORTING TEAM:** The Wallabies; **MOVIES:** The Godfather, 25<sup>th</sup> Hour, Analyse This, Zoolander; **TV SHOW:** The Sopranos, Futurama, Seinfeld; **BANDS/MUSIC:** Crowded House, U2, Live, The Screaming Jets, The Smashing Pumpkins, The Killers, Beastie Boys; **FOOD:** Chicken Schnitzel; **DRINK:** Lemon & Lime Bitters **HOBBIES:** Drawing; **PETS:** None;

**HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** My parents, for all their support and sacrifices they have given to see me succeed; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Patriotic, passionate and positive; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As an accomplished and well respected sportsman and role model; **SWIMMING SHORT TERM GOALS:** To drop time off my PBs; **SWIMMING CAREER ULTIMATE GOAL:** Representing Australia at an Olympics; **PERSONAL AMBITIONS:** To enjoy life and have no regrets; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Minor injuries, as do all athletes; **WHAT AGE DID YOU START SWIMMING AND WHY?** Began squads around 10 or 11 to improve my surf swim for Junior Life Saving; **FAVOURITE SWIMMER AND WHY?** Alexander Popov, the skill and precision of his stroke; **FAVOURITE ATHLETE AND WHY?** John Eales, brilliant leader and great performer under pressure; **NOTABLE QUOTE:** "Only the fit are fearless", "A coward dies a thousand deaths, a valiant dies but only one"

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Short Course	Manchester, England	2008	1 <sup>st</sup> 4x200m free; 2 <sup>nd</sup> 200m free; 5 <sup>th</sup> 4x100m free; 11 <sup>th</sup> 100m free
Oceania Champs	Cairns, Australia	2006	1 <sup>st</sup> 4x50m, 4x100m, 4x200m free; 2 <sup>nd</sup> 50m fly; 3 <sup>rd</sup> 100m, 200m free
Junior Pan Pacific Champs	Maui, USA	2005	1 <sup>st</sup> 100m, 4x100m free; 2 <sup>nd</sup> 50m free; 3 <sup>rd</sup> 4x100m medley
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x200m free; 4 <sup>th</sup> 200m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.99		2007 Aust. Champs
100m freestyle	49.47		2008 Aust. Champs
200m freestyle	1:48.49		2008 Aust. Champs
50m backstroke	26.89		2006 Aust. Champs
50m butterfly	24.54		2006 Oceania Champs / 2007 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.24		2006 Aust. Champs
100m freestyle	48.00		2007 Aust. Champs
200m freestyle	1:43.12	3rd	2007 Aust. Champs
50m backstroke	26.90		2004 NSW Open Champs
50m butterfly	24.20		2007 Grand Prix 2



## KYLIE PALMER

**D.O.B:** 25/2/1990  
**AGE:** 18  
**BORN:** Brisbane, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 171cm  
**WGT:** 62kg  
**CLUB/INSTITUTE:** Albany Creek/QAS  
**TRAINS (Pool):** Albany Creek  
**COACH:** John Rodgers



### Individual Australian Long Course Titles: 1

1 - 800m freestyle (08)

**CAREER HIGHLIGHTS:** Selected for the 2006 Australian Commonwealth Games Swim Team at age 15...was eighth in the 800m free at the 2007 FINA World Championships...was fifth in 400m free at 2006 Commonwealth Games...has won two gold, a silver and a bronze from two FINA World Short Course Championships...has won 16 medals including nine gold at Australian Age Championships...represented Australia at 2005 Australian Youth Olympic Festival...has won two Australian Short Course titles...is the current Commonwealth record holder (short course) for 400m free

#### IN 2008

Won 800m free, was third in 400m free and sixth in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney...won 200 & 400m free, was second in 800m free and third in 4x200m free at FINA World Short Course Championships in Manchester...set Commonwealth record in 400m free and clocked fastest split in history in 4x200m free at World Short Course Championships...won 800m free at Santa Clara International in Santa Clara

#### IN 2007

Was second in the 800m free and third in the 400m free at the Telstra Australian Championships in Brisbane (Dec 06)...finished eighth in the 800m free at the FINA World Championships in Melbourne...fourth in 400m free and sixth in 200m fly at the Fujitsu Duel in the Pool in

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mother - Lyn, Father - Wes, Brother - Luke; **WHAT INSPIRES YOU:** Hard workers;

#### PERSONAL

**STUDIES/OCCUATION:** Student; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Tennis and netball; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** None; **SUPERSTITIONS:** None; **ULTIMATE RELAXATION:** Doing nothing, sitting and eating; **SPECIALITY IN THE KITCHEN:** Making spring rolls; **ONE THING YOU CAN'T LIVE WITHOUT:** Food; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Hanging out with friends, going to the beach, shopping and sleeping

#### FAVOURITE

**SPORTING TEAM:** Swim team; **MOVIES:** She's the Man; **TV SHOW:** McLeod's Daughters; **BANDS/MUSIC:** Pop/Rock; **CDs:** **FOOD:** Chocolate; **DRINK:** Milo; **SWIM MEET:** Australian Age Championships; **HOBBIES:** Movies; **PETS:** Two dogs; **HAVE ANY**

Sydney...won gold in 800m free, silver in 400m free & bronze in 100m fly at Australian Age Championships in Perth...won bronze in 800m, finished ninth in 400m & 11th in 200m free at Japan International Swim Meet in Chiba...won 200 & 800m free, was second in 400m free at Telstra Australian Short Course Championships in Melbourne...set short course Commonwealth record in 800m free at Australian Short Course Championships...won 800m free, was second in 400m free and third in 200m free at the FINA World Cup in Sydney

#### IN 2006

Placed sixth in 800m free, 11th in 200m fly and 16th 400m IM at FINA World Short Course Championships in Shanghai...was fifth in 400m free at Commonwealth Games in Melbourne...finished fourth in 200m fly and won first ever National open long course medal when third in 400m free at Telstra Commonwealth Games Trials in Melbourne...won three gold and two silver at Fisher & Paykel Australian Age Championships in Sydney...was a finalist at Mare Nostrum series...won 200m and was second in 400m free at Telstra GP1 in Brisbane...was the ninth in 400m free at Pan Pacific Championships in Victoria, BC...finished second in the 800m and third in the 400m free at the Telstra Australian Short Course Championships in Hobart

#### IN 2005

Won gold in 800m free, silver in 400m free & 200m fly and was fifth in 200m free & 100m fly

at FINA World Cup in Daejeon...added bronze in 200m fly at Telstra FINA World Cup in Sydney...won bronze in 200m fly & 400m free at Telstra Australian Short Course Championships in Melbourne...picked up gold in 200, 400m free & 100, 200m fly and silver in 400m IM at Fisher & Paykel Australian Age Championships in Brisbane...contested four finals including winning silver in 400m free at Australian Youth Olympic Festival in Sydney...was fifth in 200m fly at Telstra Trials in Sydney...represented Australian in Trans Tasman Series

#### IN 2004

Claimed gold in 100 & 200m fly and bronze in 100m free at Fisher & Paykel Australian Age Championships in Perth...finished twelfth in 200m fly at Telstra Australian Short Course Championships in Brisbane...competed in Telstra Olympic Team Selection Trials in Sydney...represented Australian in Trans Tasman Series

#### IN 2003

Took home gold in 100 & 200m fly and bronze in 100, 200 & 400m free at Fisher & Paykel Australian Age Championships in Brisbane...represented Australian in Trans Tasman Series

#### PREVIOUS YEARS

2002...competed at Australian Age Championships in Sydney

**OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My Mum, she teaches me a lot of life skills; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Determined, pleasant, kind; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Nice and fun; **SWIMMING SHORT TERM GOALS:** PBs; **SWIMMING CAREER ULTIMATE GOAL:** Make an Olympics team; **PERSONAL AMBITIONS:** I want to help children; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Bit of asthma; **WHAT AGE DID YOU START SWIMMING AND WHY?** Two and a half, parents wanted me to learn to swim; **FAVOURITE SWIMMER AND WHY?** Susie O'Neil; **FAVOURITE ATHLETE AND WHY?** Cathy Freeman, awesome;

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	8 <sup>th</sup> 800m free
Commonwealth Games	Melbourne, Australia	2006	5 <sup>th</sup> 400m free
World Short Course	Shanghai, China	2006	6 <sup>th</sup> 800m free; 11 <sup>th</sup> 200m fly; 16 <sup>th</sup> 400m IM
	Manchester, England	2008	1 <sup>st</sup> 200m, 400m free; 2 <sup>nd</sup> 800m free; 3 <sup>rd</sup> 4x200m free
Pan Pacific Champs	Victoria, BC, Canada	2006	9 <sup>th</sup> 400m free; 16 <sup>th</sup> 800m free
Duel in the Pool	Sydney, Australia	2007	4 <sup>th</sup> 400m free; 6 <sup>th</sup> 200m fly
Japan International Swim Meet	Chiba, Japan	2007	3 <sup>rd</sup> 800m; 9 <sup>th</sup> 400m free; 11 <sup>th</sup> 200m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:58.79		2008 Aust. Champs
400m freestyle	4:05.98	3 <sup>rd</sup>	2008 Santa Clara International
800m freestyle	8:24.30	3 <sup>rd</sup>	2008 Aust. Champs
100m butterfly	1:00.51		2005 Aust. Age
200m butterfly	2:12.06		2005 Aust. Age
400m IM	4:56.08		2005 Aust. Age

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:54.41	2 <sup>nd</sup>	2008 World Champs
400m freestyle	3:59.23	Commonwealth Record	2008 World Champs
800m freestyle	8:12.32	Australian Record	2008 World Champs
100m butterfly	1:01.12		2005 Aust. Champs
200m butterfly	2:09.01	9 <sup>th</sup>	2005 Aust. Champs

## ADAM PINE

**NICKNAME:** Piney  
**D.O.B:** 28/2/1976  
**AGE:** 32  
**BORN:** Lismore, NSW  
**LIVES:** Canberra, ACT  
**HGT:** 183 cm  
**WGT:** 80kg  
**CLUB/INSTITUTE:** Ginninderra / AIS  
**TRAINS (Pool):** AIS  
**COACH:** John Fowlie



### Individual Australian Long Course Titles: 3

3 - 100m butterfly (93, 06, 07)

**CAREER HIGHLIGHTS:** First swimmer to represent Australia at four consecutive Commonwealth Games (1994, 1998, 2002 and 2006)...has won a gold and a silver in relays at two Olympics...has won a gold and a silver in relays at five FINA World Championships...claimed five medals, including two gold, at four Commonwealth Games...won three successive medals at Commonwealth Games in 100m fly...has won two gold and four silver at three FINA World Short Course Championships including winning 50m fly in 2008...added two gold at 1999 World University Games...first represented Australia at Pan Pacs in 1993 aged 17...has won four Australian Short Course titles...won NCAA 100m fly title in 2000

#### IN 2008

Won silver in 100m fly & was fifth in 50m fly at the Telstra Australian Championships / Olympic Trials in Sydney...won 50m fly, was second in 100m fly and fourth in 4x100m medley at FINA World Short Course Championships in Manchester...set Commonwealth record in 50 & 100m fly at World Short Course Championships...won 50m fly, was second in 100m fly at Monaco leg of Mare Nostrum series

#### IN 2007

Won the 100m fly and was third in the 50m fly at the Telstra Australian Championships in Brisbane (Dec 06)...was 20th in 100m fly at FINA World Championships in Melbourne...placed second in 4x100m medley and third in 100m fly at Fujitsu Duel in the Pool in Sydney...won bronze in 50 & 100m fly at Telstra Australian Short Course

#### OUT OF THE POOL

**FAMILY MEMBERS:** Wife - Sasha, Sons - Max and Buster; **WHAT OR WHO INSPIRES YOU?** My family;

#### PERSONAL

**STUDIES/OCCUPATION:** Work for Swimming Australia; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:**

Before: Soccer, basketball, tennis, squash, water polo and surfing, Now: Swimming; **INTERESTING FACTS PEOPLE MAY NOT**

**KNOW ABOUT YOU:**

**SUPERSTITIONS:** Don't do team uniform measurements before you make the

team; **ULTIMATE RELAXATION:** Tropical beach holiday; **SPECIALITY IN THE KITCHEN:** BBQ; **ONE THING YOU CAN'T LIVE**

**WITHOUT:** Family; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Hang out with family.

#### FAVOURITE

**SPORTING TEAM:** Manly Sea Eagles; **MOVIES:** Cars; **TV SHOW:** Border Security; **BAND/MUSIC:** Powder Finger, Rogue Traders,

Paul Van Dyk; **CDs:** Ministry, Café del Mar; **FOOD:** Chocolate; **DRINK:** Ginger beer; **SWIM MEET:** Commonwealth Games;

**HOBBIES:** Surfing; **PETS:** Nil; **BEST MATES:** Wife, on team Stevo, Klimy, Hacky; **LAST BOOK YOU READ:** The Short History of

Everything, Green Eggs and Ham; **WHAT'S YOUR GREATEST ASSET?** Consistency; **HAVE ANY OF YOUR FAMILY MEMBERS**

**REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Father-in-law Olympic Swimmer, 1972 and Mother-

in-law Olympic Swimmer in 1968 and Commonwealth Games medallist 1966; **WHO HAS BEEN THE BIGGEST INFLUENCE IN**

Championships in Melbourne...was third in 50 & 100m fly at FINA World Cup in Singapore

#### IN 2006

Won 100m fly at Telstra Commonwealth Games Trials in Melbourne, his first National Title for 13 years... finished fifth in 50m fly...first swimmer to represent Australia at four Commonwealth Games...finished 5th in the 100m fly at 2006 Commonwealth Games in Melbourne...won gold in 4x100m medley, was fifth in 50 & 100m fly and seventh in 4x100m free at FINA World Short Course Championships in Shanghai...won the 100m fly at the Telstra Australian Short Course Championships in Hobart

#### IN 2005

Third in 100m fly at Telstra Trials in Sydney...won 100m and was third in 50m fly at Telstra Australian Short Course Championships in Melbourne...won 100m fly at NSW Championships (December)

#### IN 2004

Was ninth in medley relay (fly leg) and 20th in 100m fly at Athens Olympics...placed second in 100m and fifth in 50m fly at Telstra Olympic Team Selection Trials in Sydney...finished fifth in 100m fly at Telstra Australian Short Course Championships in Brisbane

#### IN 2003

Finished 11th in the 100m fly at the FINA World Championships in Barcelona...was second in the 100m fly and fifth in 50m fly and 100m free at Telstra Australian Championships in Sydney...won

100m free at Telstra Australian Short Course Championships in Hobart

#### PREVIOUS YEARS

**2002:**...won gold as heat swimmer in 4x100m free and bronze in 100m fly at Manchester

Commonwealth Games...added silver in 50 &

100m fly and 4x100m medley at FINA World Short

Course Championships in Moscow...was second in

50 & 100m fly at both Telstra Australian

Championships and Telstra Australian Short Course

Championships...**2001:**... won gold as heat

swimmer in 4x100m free at FINA World

Championships in Fukuoka...**2000:**...took home

gold in 4x100m free and silver in 4x100m medley

(both heat swims) from the Sydney Olympics...was

third in 50 & 100m fly and sixth in 100m free at

Telstra Selection Trials in Sydney...won fly event at

Qantas Skins...won NCAA 100m fly title in

Minneapolis...won 100m fly at Telstra FINA World

Cup in Melbourne...**1999:**...won gold in 100m fly

and 4x100m free at World University Games in

Majorca...won 100m fly at US

Nationals...**1998:**...won gold as a heat swimmer in

4x100m free and silver in 100m fly at

Commonwealth Games in Kuala Lumpur...won

silver in 4x100m free at FINA World Championships

in Perth...**1997:**...**1996:**...**1995:**...was third in 100m

fly at Pan Pacs in Atlanta...**1994:**...was fifth in

4x100m medley at FINA World Championships in

Rome...claimed bronze in 100m fly at

Commonwealth Games in Victoria...**1993:**...made

Australian team debut at Pan Pacs in Kobe...won

first Australian title in 100m fly after dead-heat-

ing with William Kirby in Perth

**YOUR LIFE AND WHY?** Wife, gives me motivation to continue swimming; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Short, old man; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Longest serving team member; **SWIMMING CAREER ULTIMATE GOAL:** Continue to improve; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** With a young family turning up to training every day is an obstacle; **WHAT AGE DID YOU START SWIMMING AND WHY?** Club at 5 years, first nationals and national team at 17. **FAVOURITE SWIMMER AND WHY?** Alex Popov - long term champion; **FAVOURITE ATHLETE AND WHY?** Tiger Woods - long term champion; **NOTABLE QUOTE:** "If it doesn't kill you it only makes you stronger!"

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	1 <sup>st</sup> 4x100m free (heat swim); 2 <sup>nd</sup> 4x100m medley (heat swim)
	Athens, Greece	2004	9 <sup>th</sup> 4x100m medley; 20 <sup>th</sup> 100m fly
World Champs	Rome, Spain	1994	5 <sup>th</sup> 4x100m medley
	Perth, Australia	1998	2 <sup>nd</sup> 4x100m free
	Fukuoka, Japan	2001	1 <sup>st</sup> 4x100m free (heat swim)
	Barcelona, Spain	2003	11 <sup>th</sup> 100m fly; DQ 4x100m medley
	Melbourne, Australia	2007	20 <sup>th</sup> 100m fly; 36 <sup>th</sup> 50m fly
Commonwealth Games	Victoria, Canada	1994	3 <sup>rd</sup> 100m fly
	Kuala Lumpur, Malaysia	1998	1 <sup>st</sup> 4x100m free (heat swim); 2 <sup>nd</sup> 100m fly
	Manchester, England	2002	1 <sup>st</sup> 4x100 free (heat swim); 3 <sup>rd</sup> 100m fly; 6 <sup>th</sup> 50m fly
	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m medley (heat swim); 5 <sup>th</sup> 100m fly
World Short Course	Moscow, Russia	2002	2 <sup>nd</sup> 50m, 100m fly, 4x100m medley; 4 <sup>th</sup> 4x100m free
	Shanghai, China	2006	1 <sup>st</sup> 4x100m medley; 5 <sup>th</sup> 50m, 100m fly; 7 <sup>th</sup> 4x100m free
	Manchester, England	2008	1 <sup>st</sup> 50m fly; 2 <sup>nd</sup> 100m fly; 4 <sup>th</sup> 4x100m medley
Pan Pacific Champs	Kobe, Japan	1993	-
	Atlanta, USA	1995	3 <sup>rd</sup> 100m fly
	Yokohama, Japan	2002	5 <sup>th</sup> 100m fly
Goodwill Games	Brisbane, Australia	2001	1 <sup>st</sup> overall team, 3 <sup>rd</sup> 50m fly
Duel in the Pool	Indianapolis, USA	2003	4 <sup>th</sup> 100m fly
	Sydney, Australia	2007	2 <sup>nd</sup> 4x100m medley; 3 <sup>rd</sup> 100m fly
World University Games	Majorca, Spain	1999	1 <sup>st</sup> 100m fly, 4x100m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	22.98		2002 Pan Pacs
100m freestyle	50.01		2000 Aust. Champs
50m butterfly	24.00	8 <sup>th</sup>	2008 Mare Nostrum, Monaco
100m butterfly	52.13	4 <sup>th</sup>	2008 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	48.56		2000 NCAA
50m butterfly	22.70	Commonwealth Record	2008 World Champs
100m butterfly	50.09	Commonwealth Record	2008 World Champs

# SHAYNE REESE

**NICKNAME:** Reese or Reesey  
**D.O.B:** 15/09/1982  
**AGE:** 25  
**BORN:** Ballarat, VIC  
**LIVES:** Melbourne, VIC  
**HGT:** 170cm  
**WGT:** 64kg  
**CLUB/INSTITUTE:** Carey Aquatic Tritons / VIS  
**TRAINS (Pool):** Carey Sports Complex and Aquarena Leisure Centre  
**COACH:** Rohan Taylor



## Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Finished fourth in 4x200m free at the 2004 Athens Olympics...has won two gold and a silver in relays at the 2005 & 2007 FINA World Championships...was sixth in 200m IM at 2007 World Championships...won relay gold at 2006 Commonwealth Games...has won three gold, four silver and a bronze at three FINA World Short Course Championships...claimed relay silver and bronze medals at 2006 Pan Pacific Championships...has won five National Short Course titles

### IN 2008

Was third in 200m IM and fifth in 100m free at the Telstra Australian Championships / Olympic Trials in Sydney...won gold in 100m IM, silver in 4x100m free, was sixth in 100m free and ninth in 200m IM at FINA World Short Course Championships in Manchester...set Commonwealth record in 100m IM at World Short Course Championships

### IN 2007

Was second in 200m IM and third in the 100m free at the Telstra Australian Championships in Brisbane (Dec 06)...won gold in 4x100m free and was sixth in 200m IM at FINA World Championships in Melbourne...won 4x100m free and was sixth in 200m IM at Fujitsu Duel in the Pool in Sydney... won gold in 4x100m & 4x200m, finished sixth in 200m IM and was ninth in 100m free at Japan International Swim Meet...won 100 & 200m IM, was third in 100m free at

Telstra Australian Short Course Championships in Melbourne...placed second in 100 & 200m IM at the FINA World Cup in Sydney

### IN 2006

Fourth in 100m free and fifth in 200m free at Telstra Commonwealth Games Trials in Melbourne...part of Australia's gold medal winning 4x100m free relay at Commonwealth Games in Melbourne...won gold in 4x200m free & 4x100m medley (heat swim), silver in 4x100m free and was fourth in 100m IM at FINA World Short Course Championships in Shanghai...won bronze in 100m free at Santa Clara International...won silver in 4x200m, bronze in 4x100m free, was fourth in 100m free and tenth in 200m IM at Pan Pacific Championships in Victoria, BC...won 100 & 200m IM, was second in 100m free and was fifth in 50m breast at Telstra Australian Short Course Championships in Hobart

### IN 2005

Won gold in 4x100m free and silver in 4x200m free at FINA World Championships in Montreal...was also 17<sup>th</sup> in 200m free at FINA World Championships...was second in 200m free, third in 200m IM and fourth in 100m free at Telstra Trials in Sydney...won silver in 100m, 200m free, 100m IM at Telstra Australian Short Course Championships in Melbourne...won bronze in 100m IM at FINA World Cup in Sydney

### IN 2004

Was fourth in 4x200m at Athens Olympics on international debut...won silver in 100m IM & 4x200m, bronze in 4x100m free and was fourth in 200m free at FINA World Short Course Championships in Indianapolis...was fourth in 200m and sixth in 100m free at Telstra Olympic Team Selection Trials in Sydney... Added silver in 100m free and 100m IM to first ever National title when victorious in 200m free at Telstra Australian Short Course Championships in Brisbane...claimed three medals at FINA World Cup in Melbourne

### IN 2003

Picked up silver in 100m IM and bronze in 200m IM at Telstra Australian Short Course Championships in Hobart...was a double finalist at Telstra Australian Championships in Sydney and triple finalist at FINA World Cup in Melbourne

### PREVIOUS YEARS

**2002**...won first ever National medals when claimed bronze in 100m free and 100m IM at Telstra Australian Short Course Championships in Melbourne...**2001**...contested three finals at Tip Top Australian Age Championships in Melbourne and one at Telstra Australian Short Course Championships in Perth...**2000**...swam in two finals at Tip Top Australian Age Championships in Perth... Competed at Telstra Selection Trials in Sydney

### OUT OF THE POOL

**FAMILY MEMBERS:** Mother - Chris, Father - Graeme, Sister - Stacey; **ROLE MODELS:** Look up to Grant Hackett

### PERSONAL

**STUDIES/OCCUPATION:** Full time swimmer; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball and tennis; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU NOW:** I hate being late; **ULTIMATE RELAXATION:**

Sleeping; **SUPERSTITIONS:** None; **SPECIALTY IN THE KITCHEN:** Everything- I cook every night. Steak and vegetables; **ONE THING YOU CAN'T LIVE WITHOUT:** My family; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Spending time with my boyfriend;

#### FAVOURITE

**SPORTING TEAM:** AFL Hawthorn; **BANDS/MUSIC:** R&B and anything in the top 40 countdown; **FOOD:** Steak, Lindt chocolates; **SWIM MEET:** Watching Athens Olympics; **HOBBIES:** Relaxing, hanging out with friends and shopping; **PETS:** 2 dogs- Bell and Pugsley; **WHAT'S YOUR GREATEST ASSET?** My personality; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My family- they have supported me all throughout my life; They have been there for me and always will; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Friendly, easy going and dedicated **HOW WOULD YOU LIKE TO BE REMEMBERED?** Someone who put in the hard work and achieved their goals; someone who worked their butt off! And the person who always had their hair done; **PERSONAL AMBITIONS:** 2008 Olympic Games; After swimming- buy a house, career in Real Estate (maybe), earn some money and settle down and be happy; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** I moved to Melbourne from Ballarat and I never lived away from home before that - I am able to travel back every weekend to see my family though; **WHAT AGE DID YOU START SWIMMING AND WHY?** I participated in 'Learn to Swim' in primary school and didn't start properly training until I was 10 years old; **FAVOURITE SWIMMER AND WHY?** Grant Hackett, he's down to earth and achieved a lot. Hard worker, easy to talk to;

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS			
EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	4 <sup>th</sup> 4x200m
World Champs	Montreal, Canada	2005	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 4x200m; 17 <sup>th</sup> 200m free
	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m free; 6 <sup>th</sup> 200m IM
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m free
World Short Course	Indianapolis, USA	2004	2 <sup>nd</sup> 100m IM, 4x200m free; 3 <sup>rd</sup> 4x100m free; 4 <sup>th</sup> 200m
	Shanghai, China	2006	1 <sup>st</sup> 4x200m, 4x100m medley (heat swim); 2 <sup>nd</sup> 4x100m free; 4 <sup>th</sup> 100m IM; 11 <sup>th</sup> 100m free; 26 <sup>th</sup> 200m free
	Manchester, England	2008	1 <sup>st</sup> 100m IM; 2 <sup>nd</sup> 4x100m free; 6 <sup>th</sup> 100m free; 9 <sup>th</sup> 200m IM
Pan Pacific Champs	Victoria, BC, Canada	2006	2 <sup>nd</sup> 4x200m; 3 <sup>rd</sup> 4x100m free; 4 <sup>th</sup> 100m free; 10 <sup>th</sup> 200m IM
Duel in the Pool	Irvine, USA	2005	1 <sup>st</sup> 4x100m free; 6 <sup>th</sup> 200m IM
	Sydney, Australia	2007	1 <sup>st</sup> 4x100m free; 6 <sup>th</sup> 200m IM
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x100m, 4x200m free; 6 <sup>th</sup> 200m IM; 9 <sup>th</sup> 100m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	25.84		2008 Seven Hills Invitational
100m freestyle	54.80	7 <sup>th</sup>	2008 Aust. Champs
200m freestyle	1.59.28		2005 Aust. Champs
200m IM	2.12.97	4 <sup>th</sup>	2008 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	53.26	4 <sup>th</sup>	2008 World Champs
200m freestyle	1:57.16		2004 Aust. Champs
100m IM	59.58	Commonwealth Record	2008 World Champs
200m IM	2:09.85	2 <sup>nd</sup>	2007 Aust. Champs

## STEPHANIE RICE

**NICKNAME:** Ricey  
**D.O.B:** 17/6/88  
**AGE:** 20  
**BORN:** QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 175 cm  
**WGT:** 64kg  
**CLUB/INSTITUTE:** St Peters Western/QAS  
**TRAINS (Pool):** St Peters College  
**COACH:** Michael Bohl



### Individual Australian Long Course Titles: 3

2 - 200m individual medley (07, 08); 1 - 400m individual medley (08)

**CAREER HIGHLIGHTS:** Won two bronze at 2007 FINA World Championships....won gold in 200 & 400m IM at 2006 Commonwealth Games....selected on 2006 Australian Commonwealth Games Swim Team aged 17....won two bronze at 2006 Pan Pacific Championships....won two gold and 'Female High Pointscore Award' at the 2005 Junior Pan Pacs....won a gold, two silver and two bronze at 2004 Oceania Championships....has won 14 gold, eight silver and three bronze at four Australian Age Championships....current world record holder in 200 & 400m IM (long course)

#### IN 2008

Won 200 & 400m IM at the Telstra Australian Championships / Olympic Trials in Sydney....set world record in 200 & 400m IM at Australian Championships / Olympic Trials....won 200 & 400m IM at Seven Hills Invitational in Rome....won 200 & 400m IM at Barcelona leg of Mare Nostrum series

#### IN 2007

Won 200m IM, was second in the 400m IM and fifth in the 200m free at the Telstra Australian Championships in Brisbane (Dec 06)....won bronze in 200 & 400m IM and was fourth in 4x200m free at FINA World Championships in Melbourne.....set Commonwealth record in 200m IM at World

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Raeline, Dad - Warren, Step Dad - Allan, Step Mum - Annelouise, Brother - Michael, Sister - Courtenay; **WHAT OR WHO INSPIRES YOU:** People who achieve goals I want to achieve;

#### PERSONAL

**STUDIES/OCCUPATION:** Student at QUT - Nutrition; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Hockey, tennis, netball; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** Scared of dogs because I was bitten when I was six months old - I needed stiches in my head; **SUPERSTITIONS:** Obsessive compulsive about routines; **ULTIMATE**

Championships....placed second in 200m IM and seventh in 200m free at the Fujitsu Duel in the Pool in Sydney....won four gold and a silver at the Australian Age Championships in Perth....won gold in 4x200m, was second in 200 & 400m IM and tenth in 100m back at Japan International Swim Meet in Chiba....set Commonwealth record in 400m IM at Japan International Swim Meet....won 400m IM, was second in 100 & 200m IM at Telstra Australian Short Course Championships in Melbourne.... set Commonwealth record in 400m IM at Australian Short Course Championships....won 200 & 400m IM at the FINA World Cup in Sydney

#### IN 2006

Won gold in 200 & 400m IM on senior international debut at Commonwealth Games in Melbourne....finished with bronze in 200m IM and 200m fly, was fourth in 400m IM and fifth in 100m back and 100m fly at Telstra Commonwealth Games Trials in Melbourne....won bronze in 200 & 400m IM, was fifth in 200m fly and ninth in 100m fly at Pan Pacific Championships in Victoria, BC

#### IN 2005

Won 100m fly and 200m IM and was fourth in 200m fly, 400m IM & 4x100m medley at Junior Pan Pacs in Maui....awarded 'Female High Pointscore Award' at the Junior Pan

Pacs....was second in 400m IM, third in 200m fly and fourth in 100m fly and 200m IM at Telstra Trials in Sydney....finished fourth in 100 & 200m fly at Telstra Australian Short Course Championships in Melbourne....won three gold, four silver and a bronze at Fisher & Paykel Australian Age Championships in Brisbane

#### IN 2004

Won 4x100m medley, was second in 100m fly & 400m IM and third in 200m IM and 100m back at Oceania Championships in Suva....finished fourth in 400m IM and sixth in 200m IM at Telstra Olympic Team Selection Trials in Sydney....won first ever Open National medal when third in 400m IM at Telstra Australian Short Course Championships in Brisbane....picked up four gold, two silver and a bronze at Fisher & Paykel Australian Age Championships in Perth....claimed second in 200m IM at Qantas Skins

#### IN 2003

Claimed three gold, one silver and a bronze at Fisher & Paykel Australian Age Championships in Brisbane....represented Australia in Trans Tasman Series....competed in Telstra Australian Short Course Championships in Hobart

#### PREVIOUS YEARS

**2002....** competed in Australian Age Championships in Sydney

**RELAXATION:** Movies and massages; **SPECIALITY IN THE KITCHEN:** Salads; **ONE THING YOU CAN'T LIVE WITHOUT:** Phone or internet; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Dancing and shopping.

#### FAVOURITE

**SPORTING TEAM:** Dolphins; **MOVIES:** Zoolander; **TV SHOW:** Prison Break, The OC, America's Top Model, Grey's Anatomy; **BANDS/MUSIC:** Anything new - dance style; **CDs:** Ministry of Sound; **FOODS:** Salads and Italian; **DRINK:** Diet Coke/Pepsi Max; **SWIM MEET:** Commonwealth Games; **HOBBIES:** Re-organise my room, make jewellery; **PETS:** Dog - Missi; **WHAT'S YOUR GREATEST ASSET?** Aware of my weaknesses; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** None; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** Bohly because he has guided me to achieve my goals and help me to become the person I want to be; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Welcoming, funny and helpful; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Someone who was supportive to everyone; **SWIMMING ULTIMATE GOAL:** Olympic Golds; **PERSONAL AMBITIONS:** Travel the world with Swimming team; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Sickness - glandular fever, two years on and off. 2004 tonsils and adnoids removed; **WHAT AGE DID YOU START SWIMMING AND WHY?** Michael Phelps; **FAVOURITE ATHLETE AND WHY?** Susie O'Neill; **MOST NOTABLE QUOTE:** "Whatever the mind can conceive and believe it can achieve."

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	3 <sup>rd</sup> 200m, 400m IM; 4 <sup>th</sup> 4x200m free
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 200m, 400m IM
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 200m, 400m IM; 5 <sup>th</sup> 200m fly; 9 <sup>th</sup> 100m fly
Duel in the Pool	Sydney, Australia	2007	2 <sup>nd</sup> 200m IM; 7 <sup>th</sup> 200m free
Junior Pan Pac Champs	Maui, USA	2005	1 <sup>st</sup> 100m Fly, 200m IM; 4 <sup>th</sup> 200m fly, 400m IM, 4x100m medley
Oceania Championships	Suva, Fiji	2004	1 <sup>st</sup> 4x100m medley; 2 <sup>nd</sup> 100m Fly, 400m IM; 3 <sup>rd</sup> 200m IM, 100m Back; 4 <sup>th</sup> 50m Fly
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x200m free; 2 <sup>nd</sup> 200m, 400m IM; 10 <sup>th</sup> 100m back

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:57.31	4 <sup>th</sup>	2008 Aust. Champs
100m backstroke	1:01.10	6 <sup>th</sup>	2008 Aust. Champs
100m butterfly	58.88	7 <sup>th</sup>	2008 Seven Hills Invitational
200m butterfly	2:09.54	6 <sup>th</sup>	2006 Pan Pacs
200m IM	2:08.92	World Record	2008 Aust. Champs
400m IM	4:31.46	World Record	2008 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m backstroke	1:02.15		2004 World Cup, Melbourne
100m butterfly	1:00.34		2005 Aust. Champs
200m butterfly	2:09.06	10 <sup>th</sup>	2005 Aust. Champs
100m IM	1:01.26	5 <sup>th</sup>	2007 Aust. Champs
200m IM	2:10.33	4 <sup>th</sup>	2008 Telstra GP 1
400m IM	4:32.48	Australian Record	2007 Aust. Champs



## BRENTON RICKARD

**NICKNAME:** Rix  
**D.O.B:** 14/10/1983  
**AGE:** 24  
**BORN:** Brisbane, QLD  
**LIVES:** Canberra, ACT  
**HGT:** 195cm  
**WGT:** 91kg  
**CLUB/INSTITUTE:** Brothers / AIS  
**TRAINS (Pool):** AIS  
**COACH:** Vince Raleigh



### Individual Australian Long Course Titles: 11

5 - 50m breaststroke (04, 05, 06, 07, 08); 4 - 100m breaststroke (05, 06, 07, 08); 2 - 200m breaststroke (07, 08)

**CAREER HIGHLIGHTS:** Has a gold, silver and bronze from three FINA World Championships....claimed one gold, one silver and two bronze medals at 2006 Commonwealth Games....has won a gold and six silver medals from three FINA World Short Course Championships....won a silver and bronze at 2006 Pan Pacific Championships....first Australian under 1:01 for 100m breast....has won eight Australian Short Course titles....holds Commonwealth record for 50 & 200m breast long course and 50 & 100m breast short course

#### IN 2008

Won 50, 100 & 200m breast at the Telstra Australian Championships / Olympic Trials in Sydney....set Commonwealth record in 50 & 200m breast at Australian Championships / Olympic Trials....set Commonwealth short course records in 50 & 100m breast at Telstra GP 1 in Canberra....won 50, 100 & 200m breast at Monaco leg of Mare Nostrum series....won 100 & 200m breast, was second in 50m breast at Barcelona leg of Mare Nostrum series

#### IN 2007

Won 50, 100 & 200m breast at the Telstra Australian Championships in Brisbane (Dec 06)....won gold in 4x100m medley, silver in 200m breast, bronze in 100m breast and was seventh in 50m breast at FINA World Championships in Melbourne....placed second in 4x100m medley, third in 200m breast and fourth in 100m breast at Fujitsu Duel in the Pool in Sydney....was fourth in 100m breast at Japan International Swim Meet in Chiba....won 50, 100, 200m breast treble at Telstra

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mother - Colette, Father - Mark, Brother - Nathan, Sister - Letitia; **WHAT OR WHO INSPIRES YOU:** My Family; **ROLE MODELS:** Brother, Nathan, great swimmer and a better person

#### PERSONAL

**STUDIES/OCCUPATION:** Graduated with BSC from Monash Uni. Now work with AIS Biomechanics; **INTERESTING FACTS**  
**PEOPLE MAY NOT KNOW ABOUT YOU NOW:** My elder brother Nathan was a member of the Australian Swim Team in the late 90's. I moved twice to continue training with coach Vince Raleigh. Parents are King and Queen of POOS; **ULTIMATE**

Australian Short Course Championships in Melbourne....claimed silver in 50, 100 & 200m breast at the FINA World Cup in Sydney

#### IN 2006

Gold medallist 50m and 100m breast as well as 2nd in 200m breast at Telstra Commonwealth Games Trials in Melbourne....won gold as part of 4x100m medley relay, won silver in the 200m breast and won bronze in 50m and 100m breast at 2006 Commonwealth Games in Melbourne....added gold in medley relay and silver in 100 & 200m breast at FINA World Short Course Championships in Shanghai....won 100m & was second in 200m breast at Swim Meet of Champions in Mission Viejo and Santa Clara International....won silver in 100m breast in new Australian record, was third in 4x100m medley and fourth in 200m breast at Pan Pacific Championships in Victoria, BC

#### IN 2005

Was a finalist in 50m breast at FINA World Championships in Montreal....won 50m and 100m breast at Telstra Trials in Sydney....broke National record in 50 and 100m breast at Telstra Trials....won breast treble and was second in 100m IM at Telstra Australian Short Course Championships in Melbourne....was second in 100m breast at Duel in the Pool in Irvine

#### IN 2004

Won silver medals in 50, 100 and 200m breast and 4x100m medley at FINA World Short Course Championships in Indianapolis....won first ever Australian long course title in 50m

breast at Telstra Olympic Team Selection Trials in Sydney....won 100m breast at Telstra Australian Short Course Championships in Brisbane....broke 50 and 100m breast National record at Telstra Australian Short Course Championships

#### IN 2003

Was tenth in both the 50 and 100m breast at the FINA World Championships in Barcelona....was second in both the 50 and 100m breast at Telstra Australian Championships in Sydney....won first ever National title in the 50m breast at Telstra Australian Short Course Championships in Hobart....missed Duel in the Pool after having his appendix removed.... broke 50 and 100m breast National record at FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002**....qualified for first Australian Team after winning silver in 200m breast at Telstra Australian Short Course Championships in Melbourne....was 17th in 200m breast at FINA World Short Course Championships in Moscow....won gold in 100m and silver in 200m breast at Fisher & Paykel Australian Age Championships in Brisbane....was second in 50m breast as Telstra Australian Championships in Brisbane....**2001**....was a finalist in breast events at Telstra FINA World Cup in Melbourne and Telstra Australian Short Course Championships in Perth.... won gold in 200m and bronze in 100m breast at Tip Top Australian Age Championships in Melbourne.... **2000**.... won gold in 100m and silver in 200m breast at Tip Top Australian Age Championships in Perth

**RELAXATION:** Sitting on the beach, watching the waves roll in; **SPECIALTY IN THE KITCHEN:** Lamb Shanks in tomato pesto;  
**ONE THING YOU CAN'T LIVE WITHOUT:** TV

#### FAVOURITES

**SPORTING TEAM:** Brisbane Broncos; **MOVIES:** The Usual Suspects; **TV SHOW:** Family Guy; **BANDS/MUSIC:** Ben Harper and Xavier Rudd; **CDs:** Chill out cds; **FOOD:** Steak; **DRINK:** Milo; **SWIM MEET:** Melbourne Commonwealth Games; **HOBBIES:** I'm a movie buff; **WHAT'S YOUR GREATEST ASSET?** My willingness to be involved; **HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Nathan swam at the 1998 FINA World Championships, Commonwealth Games and 1999 Pan Pacific Championships; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My brother because he taught me so much about swimming and he is such an incredible brother to me; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Honest, approachable and fun; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Hard worker who preformed to his potential and helped others perform at theirs; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Gold medal; **PERSONAL AMBITIONS:** To get the most out of my ability and to help others do the same; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Appendicitis at the 2003 Australian Championships and missing the 2004 Olympic Games; **WHAT AGE DID YOU START SWIMMING AND WHY?** At age of 8 because my brother started to swim and I thought it was fun too; **FAVOURITE SWIMMER AND WHY?** Nick Frost he fights above his weight; **FAVOURITE ATHLETE AND WHY?** Darren Lockyer, unbelievable leader, captained the premiership, Origin and tri-nations; **NOTABLE QUOTE:** "The more you sweat in peace, the less you bleed in war".

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Barcelona, Spain	2003	10 <sup>th</sup> 50m, 100m breast
	Montreal, Canada	2005	6 <sup>th</sup> 4x100m medley; 8 <sup>th</sup> 50m breast; 10 <sup>th</sup> 100m breast; 13 <sup>th</sup> 200m breast
	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley; 2 <sup>nd</sup> 200m breast; 3 <sup>rd</sup> 100m breast; 7 <sup>th</sup> 50m breast
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m medley; 2 <sup>nd</sup> 200m breast; 3 <sup>rd</sup> 50m, 100m breast
World Short Course	Moscow, Russia	2002	17 <sup>th</sup> 200m breast
	Indianapolis, USA	2004	2 <sup>nd</sup> 50m, 100m, 200m breast, 4x100m medley
	Shanghai, China	2006	1 <sup>st</sup> 4x100m medley; 2 <sup>nd</sup> 100m, 200m breast, 4 <sup>th</sup> 50m breast
Pan Pacific Champs	Victoria, BC, Canada	2006	2 <sup>nd</sup> 100m breast; 3 <sup>rd</sup> 4x100m medley; 4 <sup>th</sup> 200m breast
Duel in the Pool	Irvine, USA	2005	2 <sup>nd</sup> 100m breast, 4x100m medley; 4 <sup>th</sup> 200m breast
	Sydney, Australia	2007	2 <sup>nd</sup> 4x100m medley; 3 <sup>rd</sup> 200m breast; 4 <sup>th</sup> 100m breast
Japan International Swim Meet	Chiba, Japan	2007	4 <sup>th</sup> 100m breast

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	27.30	Commonwealth Record	2008 Aust. Champs
100m breaststroke	1.00.04	Australian Record	2008 Aust. Champs
200m breaststroke	2.09.51	Commonwealth Record	2008 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	26.62	Commonwealth Record	2008 Telstra GP 1
100m breaststroke	57.82	Commonwealth Record	2008 Telstra GP 1
200m breaststroke	2:05.41	2 <sup>nd</sup>	2007 Aust. Champs
100m IM	54.91	9 <sup>th</sup>	2004 World Cup, Durban

# JESSICAH SCHIPPER

**NICKNAME:** Sparrow  
**D.O.B:** 19/11/1986  
**AGE:** 21  
**BORN:** Brisbane, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 171.5cm  
**WGT:** 62kg  
**CLUB/INSTITUTE:** Redcliffe Leagues  
Lawnton / QAS  
**TRAINS (Pool):** Redcliffe HPC  
**COACH:** Ken Wood



## Individual Australian Long Course Titles: 7

3 - 100m butterfly (05, 06, 07); 4 - 200m butterfly (05, 06, 07, 08)

**CAREER HIGHLIGHTS:** Won a gold medal as a heat swimmer in 4x100m medley at Athens Olympics....was fourth in 100m fly at Athens Olympics....has won four gold, two silver and one bronze at three FINA World Championships....won first world titles at age 18....won three gold medals and silver at 2006 Commonwealth Games....claimed two gold, a bronze and a world record in 200m fly at 2006 Pan Pacific Championships....has won three gold and a bronze at two FINA World Short Course Championships....current world record holder for 200m fly (long course)

### IN 2008

Won 200m fly, was second in 100m fly & third in 50m fly at the Telstra Australian Championships / Olympic Trials in Sydney....

### IN 2007

Won 100 & 200m fly and was third in 50m fly at the Telstra Australian Championships in Brisbane (Dec 06)....won gold in 200m fly and 4x100m medley (world record) and was second in the 100m fly at the FINA World Championships in Melbourne....won 100 & 200m fly and 4x100m medley at Fujitsu Duel in the Pool in Sydney....won 4x100m medley, was second in 200m fly & third in 100m fly at Japan International Swim Meet in Chiba....won silver in 100m fly, was third in 200m fly & sixth in 50m fly at Telstra Australian Short Course Championships in Melbourne

### IN 2006

Won gold medal in 100 & 200m fly and 4x100m medley relay, as well claiming silver in 50m fly at Commonwealth Games in Melbourne....claimed gold medals in 100m and 200m fly and silver in 50m fly at Telstra Commonwealth Games Trials in Melbourne....won 200m fly and 4x100m medley (in world record) and was third in 100m fly at FINA World Short Course Championships in Shanghai....won 100 & 200m fly and was third in 4x100m medley at Pan Pacific Championships in Victoria, BC....broke first ever world record with 2:05.40 in 200m fly at Pan Pacific Championships....won 200m fly, was second in 100m fly and fourth in 50m fly at Telstra Australian Short Course Championships in Hobart

### IN 2005

Won 100m fly and 4x100m medley and was second in 200m fly at FINA World Championships in Montreal....broke Commonwealth record in 100 and 200m fly at FINA World Championships.... won first ever National long course titles in 100 and 200m fly at Telstra Trials in Sydney....won 100 and 200m fly at the Telstra Australian Short Course Championships in Melbourne....broke Commonwealth record in 100m fly at the Telstra Australian Short Course Championships....named Female Butterfly

Swimmer of the Year...nominated for the Telstra Swimmer of the Year Award

### IN 2004

Swam the fly leg in the heats of the 4x100m medley at Athens Olympics....was fourth in the 100m fly at the Athens Olympics....was second in the 100m fly and third in the 200m fly at Telstra Olympic Team Selection Trials in Sydney....won 4x100m medley in world record time at the FINA World Short Course Championships in Indianapolis.... won first ever Australian title at Telstra Australian Short Course Championships in Brisbane

### IN 2003

Claimed bronze in the 4x100m medley and was tenth in both the 100 and 200m fly at the FINA World Championships in Barcelona....was second in both the 100 and 200m fly at the Telstra Australian Championships in Sydney....won four gold and a silver at the Australian Youth Olympic Festival in Sydney

### PREVIOUS YEARS

**2002**....won three gold and a silver at the Oceania Championships in Noumea....added three gold at the Australian Age Championships in Sydney....**2001**.... won three gold at the Tip Top Australian Age Championships in Melbourne  
....**2000**....claimed a gold and a silver at the Tip Top Australian Age Championships in Perth

## OUT OF THE POOL

**FAMILY MEMBERS:** Mother - Jenny, Father - Wolf Gang, Sister- Rebecca, Triplett brothers - Stephan, Nicholas and Benjamin;  
**WHAT OR WHO INSPIRES YOU:** Susie O'Neill;

## PERSONAL

**SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Previously I played soccer and ran cross country;

**INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU NOW:** I have younger triplet brothers; **SUPERSTITIONS:** None;

**ULTIMATE RELAXATION:** Watching movies; **SPECIALTY IN THE KITCHEN:** Almost anything I feel like; **ONE THING YOU CAN'T**

**LIVE WITHOUT:** My family, including my puppies and sleep; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Hanging out with friends

## FAVOURITE

**SPORTING TEAM:** Australian swimming team; **MOVIES:** Dodgeball, Pirates of the Caribbean; **TV SHOW:** CSI and 20 to 1;

**BANDS/MUSIC:** Anything that I'm in the mood for at the time; **CDs:** Same as above; **FOOD:** Chocolate and fruit; **DRINK:** Vanilla Coke; **SWIM MEET:** Olympic Games; **HOBBIES:** Reading and running; **PETS:** Three golden cocker spaniels: 'Tia', 'Meg' and

'Lexy'; **WHAT'S YOUR GREATEST ASSET?** My long blonde hair; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My parents and coach for pushing and believing in me; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Fun, blonde and happy; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As a happy person and as someone who achieve what they aimed for; **SWIMMING CAREER ULTIMATE GOAL:** Individual Olympic Medal; **PERSONAL AMBITIONS:** To be happy with everything I do and to have no regrets; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Nothing too serious yet; **WHAT AGE DID YOU START SWIMMING AND WHY?** I could swim by the time I was 3; My doctor encouraged me to swim because I had serious asthma; **FAVOURITE SWIMMER AND WHY?** Susie O'Neill because she achieved what she wanted and didn't let anything stop her; **FAVOURITE ATHLETE AND WHY?** Susie O'Neill; **NOTABLE QUOTE:** "Just keep trying. Everyone has a set back. Just keep going. Every goal reached is a great achievement."

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	1 <sup>st</sup> 4x100m medley (heat swim); 4 <sup>th</sup> 100m fly
World Champs	Barcelona, Spain	2003	3 <sup>rd</sup> 4x100m medley; 10 <sup>th</sup> 100m, 200m fly
	Montreal, Canada	2005	1 <sup>st</sup> 100m fly, 4x100m medley; 2 <sup>nd</sup> 200m fly
	Melbourne, Australia	2007	1 <sup>st</sup> 200m fly, 4x100m medley; 2 <sup>nd</sup> 100m fly
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 100m, 200m fly, 4x100m medley; 2 <sup>nd</sup> 50m fly
World Short Course	Indianapolis, USA	2004	1 <sup>st</sup> 4x100m medley; 4 <sup>th</sup> 200m fly; 5 <sup>th</sup> 100m fly
	Shanghai, China	2006	1 <sup>st</sup> 200m fly, 4x200m free, 4x100m medley; 3 <sup>rd</sup> 100m fly
Pan Pacific Champs	Victoria, BC, Canada	2006	1 <sup>st</sup> 100m, 200m fly; 3 <sup>rd</sup> 4x100m medley
Duel in the Pool	Indianapolis, USA	2003	1 <sup>st</sup> 4x100m medley; 3 <sup>rd</sup> 100m fly; 5 <sup>th</sup> 200m fly
	Irvine, USA	2005	1 <sup>st</sup> 100m, 200m fly, 4x100m medley
	Sydney, AUS	2007	1 <sup>st</sup> 100m, 200m fly, 4x100m medley
Oceania Champs	Noumea, New Caledonia	2002	1 <sup>st</sup> 100m, 200m fly, 4x100m medley; 2 <sup>nd</sup> 4x100m free
Australian Youth Olympic Festival	Sydney, AUS	2003	1 <sup>st</sup> 100m, 200m fly, 4x100m free, 4x100m medley; 2 <sup>nd</sup> 4x200m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x100m medley; 2 <sup>nd</sup> 200m fly; 3 <sup>rd</sup> 100m fly

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	26.55	6th	2006 Comm. Games
100m butterfly	57.15	2nd	2006 Aust. Champs
200m butterfly	2:05.40	World Record	2006 Pan Pacs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	26.34	6th	2005 Aust. Champs
100m butterfly	56.56	3rd	2005 Aust. Champs
200m butterfly	2:04.42	2nd	2006 Aust. Champs

## MELANIE SCHLANGER

**NICKNAME:** Mel  
**D.O.B:** 31/08/1986  
**AGE:** 21  
**BORN:** Nambour, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 176cm  
**WGT:** 67kg  
**CLUB/INSTITUTE:** Commercial/QAS  
**TRAINS (Pool):** Valley Pool  
**COACH:** Stephan Widmer



**Individual Australian Long Course Titles: 0**

**CAREER HIGHLIGHTS:** Won gold in 4x100m free at 2007 FINA World Championships....won bronze in 100m free, 4x100m & 4x200m free at 2006 Pan Pacific Championships....won bronze in 100m free and was fifth in 200m free at the 2008 Telstra Australian Championships / Olympic Trials....has won four bronze medals at Australian Age Championships....won 4x100m free at 2007 Japan International Swim Meet

### IN 2008

Won bronze in 100m free and was fifth in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney

### IN 2007

Was fifth in the 100m free and eighth in the 50m free at the Telstra Australian Championships in Brisbane (Dec 06)....won gold in 4x100m free at FINA World Championships in Melbourne....won

4x100m free at Fujitsu Duel in the Pool in Sydney....won 4x100m free at Japan International Swim Meet in Chiba....was fourth in 100m free and eighth in 50m free at Telstra Australian Short Course Championships in Melbourne....broke world record in 4x100m free time trial at Australian Short Course Championships....was third in 100m free at the FINA World Cup in Sydney

### IN 2006

Finished fifth in 50m, 100m free and was seventh in 200m free at the Telstra Commonwealth Games Trials in Melbourne....won silver in 200m free at Monaco leg of Mare Nostrum series....five time finalist at Mare Nostrum series....claimed gold in 100m free and silver in 50m and 200m free at Telstra GP1 in Brisbane....won gold in 50 & 100m free and was fifth in 200m free at Telstra GP2 in Brisbane....won bronze in 100m free, 4x100m & 4x200m free & was fifth in

50m free at Pan Pacific Championships in Victoria, BC....finished seventh in 100m free at Telstra Australian Short Course Championships in Hobart

### IN 2005

Finalist in 50m and 100m free at Telstra GP in Canberra....won bronze in the 50m free at the Fisher & Paykel Australian Age Championships in Brisbane....competed for University of Hawaii

### IN 2004

Won bronze in the 50m and 100m free at the Fisher & Paykel Australian Age Championships in Perth

### IN 2003

Claimed bronze in 50m free at the Fisher & Paykel Australian Age Championships in Brisbane

## OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Linda, Dad - Paul, Sister - Nikki, Brother - Adam; **WHAT OR WHO INSPIRES YOU:** My training squad; **ROLE MODELS:** Leigh Matthews - Brisbane Lions coach for his attitude for sporting success

## PERSONAL

**STUDIES/OCCUPATION:** Studying Bsc at University Queensland - Biomedical Science; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Athletics, water polo, tennis; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I started swimming when I was 12 for three months but quit because I hated it; **SUPERSTITIONS:** None; **ULTIMATE RELAXATION:** Laying on the beach; **SPECIALITY IN THE KITCHEN:** Chicken Schnitzel; **ONE THING YOU CAN'T LIVE WITHOUT:** Jeremiah, my tedding bear; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Sleep, computers, eat out at cafes

## FAVOURITE

**SPORTING TEAM:** Brisbane Lions; **MOVIES:** Harry Potter Series; **TV SHOW:** Desperate Housewives, House, Prison Break; **BANDS/MUSIC:** I like all music except Opera and Punk; **CDs:** Salt'n'Peppa, 'The best of'; **FOOD:** Chocolate and chicken schnitzel; **DRINK:** Pepsi Max; **SWIM MEET:** Commonwealth Games Trials; **HOBBIES:** Computers; **PETS:** My cats, Co Co; **WHAT'S YOUR GREATEST ASSET?** My massive hands and feet; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No, my family are not

blessed at any sports; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Awesome, amazing and modest; **HOW WOULD YOU LIKE TO BE REMEMBERED?** A friend; **SWIMMING CAREER ULTIMATE GOAL:** A world record; **PERSONAL AMBITIONS:** To be a doctor; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** I get sick a lot; **WHAT AGE DID YOU START SWIMMING AND WHY?** 14 - because little athletics finishes at u/15; **FAVOURITE SWIMMER AND WHY?** Leisel Jones - she constantly amazes me; **FAVOURITE ATHLETE AND WHY?** Lance Armstrong - for what he overcame to be the best; **NOTABLE QUOTE:** "Just when the caterpillar thought it was the end of the world, it became a butterfly".

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	4x100m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 100m, 4x100m, 4x200m free; 5 <sup>th</sup> 50m free
Duel in the Pool	Sydney, Australia	2007	4x100m free
Japan International Swim Meet	Chiba, Japan	2007	4x100m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	25.60	10th	2006 Aust. Champs
100m freestyle	54.20	5th	2008 Aust. Champs
200m freestyle	1:58.24	8th	2008 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	25.26		2007 Aust. Champs
100m freestyle	53.90	8th	2007 World Cup, Sydney
200m freestyle	1:58.44		2007 World Cup, Sydney

## EMILY SEEBOHM

**NICKNAME:** C-Bomb  
**D.O.B:** 5/6/1992  
**AGE:** 16  
**BORN:** Adelaide, SA  
**LIVES:** Brisbane, QLD  
**HGT:** 180cm  
**WGT:** 63kg  
**CLUB/INSTITUTE:** Brothers Swimming Club / QAS  
**TRAINS (Pool):** Nudgee College  
**COACH:** Matthew Brown



**Individual Australian Long Course Titles: 2**  
2 - 100m backstroke (07, 08)

**CAREER HIGHLIGHTS:** Won gold in medley relay in world record and was fourth in 100m back at 2007 FINA World Championships....won first Australian Open long course title in 2006 (2007 Aust. Champs) aged 14....won gold in 100m back and 4x100m medley at 2007 Jnr Pan Pacs....has won 14 Australian Age titles....the current Commonwealth record holder in the 100m back (long course)

### IN 2008

Broke Commonwealth record in 50m back (long course) at Brisbane Catholic Schoolgirls Championships....won 100m back, was third in 200m back at the Telstra Australian Championships / Olympic Trials in Sydney....broke world record in 50m back (27.95) and Commonwealth record (twice) in 100m back (59.78 & 59.59) at Australian Championships / Olympic Trials....won gold in 100m free, 100 & 200m back, 100m fly and 200m IM and was second in 50m free at Australian Age Championships in Brisbane....won 50 & 100m back, placed third in 50m fly at Seven Hills Invitational in Rome....won

100m back at Barcelona leg of Mare Nostrum series

### IN 2007

Won maiden National open title with dead heat victory in the 100m back at the Telstra Australian Championships in Brisbane (Dec 06)....also finished third in 50m back and seventh in 200m IM at the Telstra Australian Championships....won gold in 100m back and 4x100m medley at Jnr Pan Pacs in Maui....won gold in medley relay in world record, was fourth in 100m back and 14th in 50m back at FINA World Championships in Melbourne....set new Australian record of 1:00.51 in 100m back at World Championships....won 4x100m medley and was fourth in 100m back at Fujitsu Duel in the Pool in Sydney....won gold in 100 & 200m back, 200m free and 200m IM as well as winning silver in 50m free and bronze in 100m breast at Australian Age Championships in Perth....won 4x100m medley, was third in 100m back & 11th in 200m back at Japan International Swim Meet in Chiba....won bronze in 50 & 100m back, 200m IM at Telstra Australian Short Course

Championships in Melbourne....placed third in 50m back and 100m IM at the FINA World Cup in Sydney

### IN 2006

Claimed gold in 100 & 200m back, 200m free and 200m IM as well as winning silver in 50 and 100m free at Fisher & Paykel Australian Age Championships in Sydney....was fourth in 100m IM, sixth in 100m back and eighth in 50m back at Telstra Australian Short Course Championships in Hobart....represented Australia at the Fisher & Paykel Trans Tasman Series....third in 100m back in Australian 14yrs Age record at Telstra GP 2 in Brisbane

### IN 2005

Won 100m back, was second in 100m free and 200m back and third in 50 & 200m free at Fisher & Paykel Australian Age Championships in Brisbane.... represented Australia on Trans Tasman Series....won six gold at QLD State Championships and was named Female Swimmer of the Meet

### OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Karen, Dad - John, Brothers - Tom, Jack and Will; **WHAT OR WHO INSPIRES YOU:** Ian Thorpe; **ROLE MODELS:** My parents and coach

### PERSONAL

**STUDIES/OCCUPATION:** Student; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Netball, gymnastics, boxing, surf life saving, soccer; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** Dad played 300 games of AFL football; **SUPERSTITIONS:** none; **ULTIMATE RELAXATION:** Listening to music; **SPECIALTY IN THE KITCHEN:** Pasta, slice; **ONE THING YOU CAN'T LIVE WITHOUT:** Mum cleaning my room; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Go out with friends

### FAVOURITES

**SPORTING TEAM:** NRL Storm; **MOVIES:** Jackass 2; **TV SHOW:** The Wedge; **BANDS/MUSIC:** Pussycat Dolls **CD'S:** So fresh; **FOOD:** Pizza; **DRINK:** Sprite; **SWIM MEET:** Metropolitan; **HOBBIES:** Cooking; **PETS:** Dog and Walking fish; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL**

**LEVEL?** Dad AFL Football, Mum Netball; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My coach for all the work he's done; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Fun, sporty and bubbly; **HOW WOULD YOU LIKE TO BE REMEMBERED?** A good sport; **SWIMMING CAREER ULTIMATE GOAL:** Go to 2008 Olympics in Beijing; **PERSONAL AMBITIONS:** Enjoy life; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Had shingles in 2004; **WHAT AGE DID YOU START SWIMMING AND WHY?** Baby my Mum was a swimming teacher; **FAVOURITE SWIMMER AND WHY?** Ian Thorpe, because he's a good swimmer; **FAVOURITE ATHLETE AND WHY?** Billy Slater, because he's the best footy player; **NOTABLE QUOTE:** "It's a tough road that leads to heights of greatness"

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley; 4 <sup>th</sup> 100m back; 14 <sup>th</sup> 50m back
Duel in the Pool	Sydney, Australia	2007	1 <sup>st</sup> 4x100m medley; 4 <sup>th</sup> 100m back
Junior Pan Pac Champs	Maui, USA	2007	1 <sup>st</sup> 100m back, 4x100m medley
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x100m medley; 3 <sup>rd</sup> 100m back; 11 <sup>th</sup> 200m back

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	25.85		2008 Aust. Age
100m freestyle	55.88		2008 Aust. Champs
100m butterfly	26.88	8th	2008 Seven Hills Invitational
100m butterfly	59.87		2008 Aust. Age
50m backstroke	27.95	2nd	2008 Aust. Champs
100m backstroke	59.59	Commonwealth record	2008 Aust. Champs
200m backstroke	2:10.10	3rd	2008 Aust. Champs
200m IM	2:16.32		2008 Aust. Age

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	27.14		2005 QLD Champs
50m backstroke	27.07	2nd	2008 Telstra GP 1
100m backstroke	58.65	5th	2007 Aust. Champs
200m backstroke	2:11.48		2007 Grand Prix 2
100m IM	1:01.31	7th	2007 World Cup, Sydney
200m IM	2:12.51		2007 Aust. Champs



## CHRISTIAN SPRENGER

**NICKNAME:** Sprenger  
**D.O.B:** 19/12/1985  
**AGE:** 22  
**BORN:** Brisbane, QLD  
**LIVES:** Brookfield, QLD  
**HGT:** 196cm  
**WGT:** 91kg  
**CLUB/INSTITUTE:** Commercial / QAS  
**TRAINS (Pool):** Valley Pool  
**COACH:** Stephan Widmer



### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Won gold as a heat swimmer in medley relay and was a finalist in 50m, 100m and 200m breast at 2006 Commonwealth Games....won gold as a heat swimmer in medley relay at 2006 FINA World Short Course Championships....was second in 100m breast, third in 4x100m medley at 2007 Japan International Swim Meet....has won eight medals at Australian Short Course Championships including two gold in 2006....won gold and silver at 2005 FINA World Cup in Sydney

#### IN 2008

Set Australian record (1:00.15) in 100m breast (long course) at Brisbane Metropolitan Championships in Brisbane....won silver in 50, 100 & 200m breast at the Telstra Australian Championships / Olympic Trials in Sydney

#### IN 2007

Placed third in the 100m breast and sixth in the 50m breast at the Telstra Australian Championships in Brisbane (Dec 06)....won the breaststroke treble at Telstra GP1 in Brisbane....was second in 100m breast, third in 4x100m medley and 11th in 200m breast at Japan International Swim Meet in Chiba....claimed silver in 50, 100, 200m breast at Telstra Australian Short Course Championships in

Melbourne....won 50, 100 & 200m breast at the FINA World Cup in Sydney

#### IN 2006

Won silver in 100m breast and bronze in 50m breast at Telstra Commonwealth Games Trials in Melbourne....won gold as a heat swimmer in medley relay and was a finalist in 50m (6<sup>th</sup>), 100m (6<sup>th</sup>) and 200m breast (8<sup>th</sup>) at 2006 Commonwealth Games in Melbourne....won gold as a heat swimmer in medley relay and was 18th in 50 & 100m breast and 20th in 200m breast at FINA World Short Course Championships in Shanghai....won 100m breast twice (Monaco & Canet) and added two silver and a bronze in 50m breast in Mare Nostrum series....won 50 & 100m breast at Telstra GP1 and 50m breast at Telstra GP2 in Brisbane....won 50 & 100m breast at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Won two bronze medals in 50m and 100m breast at Telstra Trials in Sydney....won three silver medals in 50m, 100m and 200m breast at Telstra Australian Short Course Championships in Melbourne....won gold in 100m breast and silver in 50m breast at FINA World Cup in Sydney

#### IN 2004

Finished 7<sup>th</sup> in 50m and 100m breast at Telstra Olympic Team Selection Trials in Sydney....won bronze medal in 50m breast at Telstra Australian Short Course Championships in Brisbane....finished 3rd in sprint breast at Qantas Skins....won bronze medal in 100m breast at Telstra Grand Prix in Brisbane....added a gold and a silver at Fisher & Paykel Australian Age Championships in Perth

#### IN 2003

Semi finalist in 50 & 100m breast at Telstra Australian Championships in Sydney....picked up a silver and a bronze at Fisher & Paykel Australian Age Championships in Brisbane

#### PREVIOUS YEARS

**2002**....won a silver at Australian Age Championships in Sydney....**2001**....picked up a bronze medal at Tip Top Australian Age Championships in Melbourne....**2000**....won first National medal with bronze in the 100m breast at Tip Top Australian Age Championships in Perth

### OUT OF THE POOL

**FAMILY MEMBERS:** Mother, Father and sister- Samantha and brother - Ben; **WHAT OR WHO INSPIRES YOU:** The drive to better myself as a person and a swimmer; **ROLE MODELS:** Anyone who achieves something they have worked extremely hard for.

### PERSONAL

**STUDIES/OCCUPATION:** Diploma of Graphic Design at the Queensland school of Arts, and currently studying Industrial Design at Queensland University of Technology; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Previously I played soccer for 12 years; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** I was an extra in the fairly well known Australian movie, "Swimming Upstream"; **SUPERSTITIONS:** None; **ULTIMATE RELAXATION:** Having a

sleep, a good movie; **SPECIALTY IN THE KITCHEN:** Bacon and Eggs (any way you like it); **ONE THING YOU CAN'T LIVE WITHOUT:** Allen's lollies; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** I love surfing (when I get the chance), seeing a movie, and playing my guitar...Loud.

### **FAVOURITE**

**SPORTING TEAM:** Telstra Dolphins; **MOVIES:** Zoolander; **TV SHOW:** The Simpsons; **BANDS/MUSIC:** Any Rock, Nickelback, Hinder, Foo Fighters; **CD'S:** Couldn't name one; **FOOD:** KFC, Pizza; **DRINK:** Pepsi Max; **SWIM MEET:** Selection Meets; **HOBBIES:** drawing/designing; **PETS:** One cat and one dog; **BEST MATES:** I couldn't single anyone out; **LAST BOOK YOU READ:** Hmm, Can't Remember; **WHAT'S YOUR GREATEST ASSET?** Can't name one; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** I had a cousin at the 2004 Olympics, Nic Sprenger; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** Myself - every year I want to quit swimming, but something inside me won't let it happen; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Confident, approachable, co-operative; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As one of the best Australian breaststrokes; **SWIMMING CAREER ULTIMATE GOAL:** The Olympic Games; **PERSONAL AMBITIONS:** Get the best out of myself, both in the pool and on land; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Not so much, but training can be tough some times...; **WHAT AGE DID YOU START SWIMMING AND WHY?** At the age of 6 because my brother swam; **FAVOURITE SWIMMER AND WHY?** Brendan Hansen, his attitude and strength; **FAVOURITE ATHLETE AND WHY?** Don't really have one; **NOTABLE QUOTE:** Don't let anyone tell you, you're not good enough

### **AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m medley (heat swim); 6 <sup>th</sup> 50m, 100m breast; 8 <sup>th</sup> 200m breast
World Short Course	Shanghai, China	2006	1 <sup>st</sup> 4x100m medley (heat swim); 18 <sup>th</sup> 50m, 100m breast; 20 <sup>th</sup> 200m breast
Japan International Swim Meet	Chiba, Japan	2007	2 <sup>nd</sup> 100m breast; 3 <sup>rd</sup> 3x100m medley; 11 <sup>th</sup> 200m breast

### **PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	27.93	2nd	2007 Telstra GP1
100m breaststroke	1:00.15	2nd	2008 Brisbane Metropolitan Champs
200m breaststroke	2:11.02	3rd	2008 Aust. Champs

### **PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	27.12	3rd	2007 World Cup, Sydney
100m breaststroke	58.19	2nd	2008 Telstra GP 1
200m breaststroke	2:06.88	3rd	2007 Aust. Champs

## NIC SPRENGER

**NICKNAME:** Springs and Springsy  
**D.O.B:** 14/05/1985  
**AGE:** 23  
**BORN:** Brisbane, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 191cm  
**WGT:** 83kg  
**CLUB/INSTITUTE:** St Peters Western / QAS  
**TRAINS (Pool):** St Peters College  
**COACH:** Michael Bohl



### Individual Australian Long Course Titles: 0

**CAREER HIGHLIGHTS:** Olympic relay silver medallist...has won a gold and a bronze at two FINA World Championships...has won a gold and a silver in relays at from two FINA World Short Course Championships...has won two Australian Short Course titles...has won 14 gold medals at Australian Age Championships...won three gold and a silver at Oceania Champs

#### IN 2008

Was third in 200m free at the Telstra Australian Championships / Olympic Trials in Sydney...won gold in 4x200m, was fifth in 4x100m (heat swimmer), seventh in 400m and eighth in 1500m at FINA World Short Course Championships in Manchester

#### IN 2007

Was fourth in the 200m free at the Telstra Australian Championships in Brisbane (Dec 06) ...withdrew from Telstra Dolphins World Championship team due to illness...won silver in 400m free and was fifth in 200m free at Telstra Australian Short Course Championships in Melbourne...was third in 400m free at the FINA World Cup in Sydney...placed second in

400m and third in 200m free at the FINA World Cup in Stockholm

#### IN 2006

Missed Telstra Commonwealth Games Trials due to illness...placed fifth in 400m free and sixth in 200m free at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Won bronze in 4x200m free and was fifth in 200m free and tenth in 400m free at FINA World Championships in Montreal...was second in 200 & 400m free at Telstra Trials in Sydney...elected not to compete at Telstra Australian Short Course Championships in Melbourne...was fourth in 400m free at Telstra FINA World Cup in Sydney

#### IN 2004

Won silver medal in 4x200m free at Athens Olympics...was second in 4x200m, fifth in 400m and sixth in 200m free at FINA World Short Course Championships in Indianapolis...was third in 200m free at Telstra Olympic Team Selection Trials in Sydney...won 200m & 400m free double at Telstra Australian Short Course Championships in

Brisbane...was first in 400m free at Qantas Skins

#### IN 2003

Claimed gold in the 4x200m free at the FINA World Championships in Barcelona...was third in 200m free at the Telstra Australian Championships in Sydney...won 200m free at Telstra FINA World Cup in Melbourne...was second in 400m and fourth in 200m free at Telstra Australian Short Course Championships in Hobart...won a gold at Fisher & Paykel Australian Age Championships in Brisbane

#### PREVIOUS YEARS

**2002**...was sixth in 400m free at Telstra Australian Championships in Brisbane and Telstra FINA World Cup in Melbourne...added four gold and a silver at the Australian Age Championships in Sydney...won 200m, 4x100m, 4x200m free and was second in 400m free at Oceania Championships in Noumea...**2001**...won three gold and a silver at the Tip Top Australian Age Championships in Melbourne...**2000**... four gold, a silver and a bronze at the Tip Top Australian Age Championships in Perth

#### OUT OF THE POOL

**FAMILY MEMBERS:** Mother- Valda, Father- Gerard, Brothers- Sam and Thomas; **ROLE MODELS:** Craig Lowndes (V8 Supercars)

#### PERSONAL

**STUDIES/OCCUPATION:** Bachelor of Health (Podiatry) at Queensland University of Technology; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Previously I participated in cricket, rugby union, cross-country running and athletics; now I play backyard cricket and I surf; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU;** I love fish - both eating and keeping fish; **ULTIMATE RELAXATION:** beach ; **SPECIALITY IN THE KITCHEN:** Jaffles; **ONE THING YOU CAN'T LIVE WITHOUT:** My water bottle; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Dinner and movies with friends

#### FAVOURITE

**SPORTING TEAM:** Watching V8 Supercars - Ford; **MOVIES:** Anything funny, war or suspense; **TV SHOW:** The Family Guy, Scrubs, Las Vegas; **BANDS/MUSIC:** Regurgitator, Metallica; **CDs:** Slab of Rock; **FOOD:** Pad Thai; **DRINK:** Soft drink; **SWIM MEET:** All of them; **HOBBIES:** Keeping fish, kicking the football and playing cricket; **PETS:** Dog- 'Maggie', Cat- 'Champ' and numerous fish - the dog and the cat are family pets; **WHAT'S YOUR GREATEST ASSET?** My family; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** Cousin Christian is on the swim team; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My Mum and Dad because they are accepting, supportive and helpful; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Fun, dedicated and daring; **HOW WOULD YOU LIKE TO BE REMEMBERED?** The attributes above; **SWIMMING SHORT TERM GOALS:** Getting back after illness; **SWIMMING CAREER ULTIMATE GOAL:** Pursuit of perfection; **PERSONAL AMBITIONS:** Give everything a go; **HAVE YOU ENCOUNTERED ANY OBSTACLES IN YOUR SWIMMING CAREER?** Car accident, virus which ruled me out 2005/2006; **WHAT AGE DID YOU START SWIMMING AND WHY?** Age 7 because I wanted to train; **FAVOURITE SWIMMER AND WHY?** Ian Thorpe, Grant Hackett and Michael Phelps - unrelenting pursuit for perfection; **NOTABLE QUOTE:** "If it is to be, it is up to me."

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	2 <sup>nd</sup> 4x200m free
World Champs	Barcelona, Spain	2003	1 <sup>st</sup> 4x200m free
	Montreal, Canada	2005	3 <sup>rd</sup> 4x200m free; 5 <sup>th</sup> 200m free; 10 <sup>th</sup> 400m free
World Short Course	Indianapolis, USA	2004	2 <sup>nd</sup> 4x200m free; 5 <sup>th</sup> 400m free; 6 <sup>th</sup> 200m free
	Manchester, England	2008	1 <sup>st</sup> 4x200m free; 5 <sup>th</sup> 4x100m free (heat swim); 7 <sup>th</sup> 400m free; 8 <sup>th</sup> 1500m free
Duel in the Pool	Indianapolis, USA	2003	5 <sup>th</sup> 200m free
	Irvine, USA	2005	2 <sup>nd</sup> 4x100m free; 5 <sup>th</sup> 400m free; 6 <sup>th</sup> 200m free
Oceania Champs	Noumea, New Caledonia	2002	1 <sup>st</sup> 200m, 4x100m, 4x200m free; 2 <sup>nd</sup> 400m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	50.72		2008 Aust. Champs
200m freestyle	1:47.09	5 <sup>th</sup>	2005 World Champs
400m freestyle	3:49.55	9 <sup>th</sup>	2005 World Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
100m freestyle	48.92		2004 Aust. Champs
200m freestyle	1:44.56	7 <sup>th</sup>	2004 Aust. Champs
400m freestyle	3:41.36	3 <sup>rd</sup>	2007 Aust. Champs
800m freestyle	7:49.65	5 <sup>th</sup>	2008 World Champs
1500m freestyle	14:56.97	9 <sup>th</sup>	2008 World Champs

## CRAIG STEVENS

**NICKNAME:** Stevo  
**D.O.B:** 23/7/1980  
**AGE:** 28  
**BORN:** Sydney, NSW  
**LIVES:** Sydney, NSW  
**HGT:** 188cm  
**WGT:** 80kg  
**CLUB/INSTITUTE:** SLC Aquadot / NSWIS  
**TRAINS (Pool):** Sutherland  
**COACH:** Tracey Menzies



### Individual Australian Long Course Titles: 1

1 - 400m freestyle (06)

**CAREER HIGHLIGHTS:** Relay silver medallist as a heat swimmer at 2004 Athens

Olympics...individual finalist 1500m free at Athens Olympics...competed at 2001, 2003 & 2007 FINA World Championships winning relay gold medal in 2003 and individual silver in 2007...medallist at the 2002 Commonwealth Games...relay gold medallist (heat swimmer) at FINA World Short Course Championships, Moscow 2002

#### IN 2008

Won silver in 400 & 1500m free at the Telstra Australian Championships / Olympic Trials in Sydney

#### IN 2007

Was second in the 400, 800 and 1500m free at the Telstra Australian Championships in Brisbane (Dec 06)... won bronze, later upgraded to silver following the positive drug test of Oussama Mellouli, in the 800m free, placed sixth in the 400 & 1500m free at FINA World Championships in Melbourne...was third in 400m free at Fujitsu Duel in the Pool in Sydney...was ninth in 400 & 1500m free at Japan International Swim Meet in Chiba...was seventh in 400m free at Telstra Australian Short Course Championships in Melbourne

#### OUT OF THE POOL

**FAMILY MEMBERS:** Wife - Lauren, Mum - Diane, Dad - Bill, Brother - Luke; **WHAT OR WHO INSPIRES YOU:** Wanting to be the best I can be; **ROLE MODELS:** Daniel Kowalski; Andrew Ettingshausen, Michael Jordan

#### PERSONAL

**STUDIES/OCCUPATION:** Swim coach, water smart instructor; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Soccer, AFL, basketball and water polo; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** Collect shot glasses from around the world; **SUPERSITITONS:** None; **ULTIMATE RELAXATION:** Nice quiet beach in a warm climate; **SPECIALITY IN THE KITCHEN:** BBQ expert; **ONE THING YOU CAN'T LIVE WITHOUT:** TV; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Relax, time with Lauren

#### FAVOURITE

**SPORTING TEAM:** Cronulla Sharks; **MOVIES:** Remember the Titans, Spaceballs; **TV SHOW:** Neighbours, Seinfeld; **BANDS/MUSIC:** Anything - depends on the mood; **CDs:** Anything - depends on mood; **FOOD:** KFC and Pizza; **DRINK:** Coffee, beer and water, of course; **SWIM MEET:** Athens Olympics; **HOBBIES:** Chillin' out; **PETS:** Wee Pee, our fake budgie on the balcony; **LAST BOOK YOU READ:** I'd rather watch a movie; **WHAT'S YOUR GREATEST ASSET?** Determination; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** My dad because he's always been there for me; **HOW WOULD YOU**

#### IN 2006

Finished fourth in 400m and sixth in 1500m free at Commonwealth Games in Melbourne...won first ever national title with victory in 400m free at Telstra Commonwealth Games Trials in Melbourne...won a gold and a silver at each of the three legs of Mare Nostrum series...won bronze in 400m free at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Semi finalist in 200m free at Telstra Trials in Sydney...second in 400 & eighth in 200m free at Telstra Australian Short Course Championships in Melbourne...second in 400m free at NSW Championships (December)

#### IN 2004

Won silver as a heat swimmer in 4x200m free and was eighth in 1500m free at Athens Olympics...was second in 400 & 1500m and sixth in 200m free at Telstra Olympic Team Selection Trials in Sydney

#### IN 2003

Claimed gold in 4x200m free and was 14th in 1500m free at the FINA World Championships in Barcelona...was second in 1500, third in 400 and sixth in 200m free at Telstra Australian Championships in Sydney...finished with bronze in 1500m at Duel in the Pool in Indianapolis

#### PREVIOUS YEARS

**2002**...won bronze in 1500m free at Manchester Commonwealth Games...added gold in 4x200m free at Pan Pacs in Yokohama...won gold as a heat swimmer in 4x200m free at FINA World Short Course Championships in Moscow... was second in 1500, third in 400 and sixth in 200m free at Telstra Australian Championships in Brisbane...**2001**...placed seventh in 1500m free at FINA World Championships in Fukuoka...was second in 1500, third in 400 and eighth in 200m free at Telstra Australian Championships in Hobart...added bronze in 400, 800, 1500m free at Telstra Australian Short Course Championships in Perth...**2000**...finished third in 1500m and fourth in 400m free at Telstra Selection Trials in Sydney...**1999**...was fourth in 1500m at Pan Pacs in Sydney

**DESCRIBE YOURSELF IN THREE WORDS?** Motivated, committed, determined; **HOW WOULD YOU LIKE TO BE REMEMBERED?** Someone who gave his all and a good bloke; **SWIMMING CAREER ULTIMATE GOAL:** Olympic medal; **PERSONAL AMBITIONS:** Be the best husband I can be; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Bulging disc in my back and financial struggle; **WHAT AGE DID YOU START SWIMMING AND WHY?** About five to learn to swim; **FAVOURITE SWIMMER AND WHY?** Daniel Kowalski, a great swimmer and person; **FAVOURITE ATHLETE AND WHY?** ET, Shire Boy; **NOTABLE QUOTE:**

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	2 <sup>nd</sup> 4x200m free (heat swim); 8 <sup>th</sup> 1500m free
World Champs	Fukuoka, Japan	2001	7 <sup>th</sup> 1500m free
	Barcelona, Spain	2003	1 <sup>st</sup> 4x200m free; 14 <sup>th</sup> 1500m free
	Melbourne, Australia	2007	2 <sup>nd</sup> 800m free; 6 <sup>th</sup> 400m, 1500m free
Commonwealth Games	Manchester, England	2002	3 <sup>rd</sup> 1500m free; 4 <sup>th</sup> 400m free
	Melbourne, Australia	2006	4 <sup>th</sup> 400m free; 6 <sup>th</sup> 1500m free
World Short Course	Moscow, Russia	2002	1 <sup>st</sup> 4x200m (heat swim); 10 <sup>th</sup> 1500m free; 12 <sup>th</sup> 400m free
Pan Pacific Champs	Sydney, Australia	1999	4 <sup>th</sup> 1500m free
	Yokohama, Japan	2002	1 <sup>st</sup> 4x200 free; 4 <sup>th</sup> 800m, 1500m free
Goodwill Games	Brisbane, Australia	2001	1 <sup>st</sup> overall men's team; 3 <sup>rd</sup> 1500m free
Duel in the Pool	Indianapolis, USA	2003	3 <sup>rd</sup> 1500m free
	Sydney, Australia	2007	3 <sup>rd</sup> 400m free
Japan International Swim Meet	Chiba, Japan	2007	9 <sup>th</sup> 400m, 1500m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:49.50		2004 Aust. Champs
400m freestyle	3:46.64	4 <sup>th</sup>	2008 Aust. Champs
800m freestyle	7:48.67	4 <sup>th</sup>	2007 World Champs
1500m freestyle	14:53.18	4 <sup>th</sup>	2008 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
200m freestyle	1:48.78		2003 World Cup, Melbourne
400m freestyle	3:44.18	8 <sup>th</sup>	2003 World Cup, Melbourne
800m freestyle	7:54.22	10 <sup>th</sup>	2001 Aust. Champs
1500m freestyle	14:50.81	5 <sup>th</sup>	2001 Aust. Champs

## HAYDEN STOECKEL

**NICKNAME:** Stoeckie  
**D.O.B:** 10/08/1984  
**AGE:** 23  
**BORN:** Renmark, SA  
**LIVES:** Adelaide, SA  
**HGT:** 197cm  
**WGT:** 95kg  
**CLUB/INSTITUTE:** Norwood / SASI  
**TRAINS (Pool):** Adelaide Aquatic Centre/  
Norwood State Swim  
**COACH:** Peter Bishop



### Individual Australian Long Course Titles: 2

2 - 200m backstroke (07, 08)

**CAREER HIGHLIGHTS:** Won gold as a heat swimmer in the medley relay and was a semi finalist in 100m back at 2007 FINA World Championships....placed fifth in 200m back at 2006 Pan Pacific Championships....won 200m back and was second in 100m back at 2007 & 2008 Telstra Australian Championships

#### IN 2008

Won 200m back, was second in 50 & 100m back at the Telstra Australian Championships / Olympic Trials in Sydney....set Commonwealth record in 200m back at Australian Championships / Olympic Trials....was second in 50 & 200m back at Seven Hills Invitational in Rome....was third in 100m back at Barcelona leg of Mare Nostrum series

#### IN 2007

Won 200m back, was second in 100m back and fourth in 50m back at Telstra

Australian Championships in Brisbane (Dec 06).... won gold as a heat swimmer in the 4x100m medley, was 16th in the 100m back, 21st in the 50m back and 24th in the 200m back at the FINA World Championships in Melbourne....fifth in the 200m back and seventh in the 100m back at the Fujitsu Duel in the pool in Sydney....was fifth in 50m back, eighth in 100m & 200m back at Telstra Australian Short Course Championships in Melbourne

#### IN 2006

Won silver in 200m back, was sixth in 100m back and seventh in 50m back at Telstra Commonwealth Games Trials in Melbourne....placed fifth in the 200m back and was 13th after heats (did not swim B final) of 100m back at Pan Pacific Championships in Victoria, BC

#### IN 2005

Was sixth in 50m & 100m back and eighth in 200m back at Telstra Trials in Sydney....placed sixth in 200m back, seventh in 50m back and eighth in 100m back at Telstra Australian Short Course Championships in Melbourne

#### IN 2004

Claimed silver in 50m back at Chinese Nationals in Tong Shan....was sixth in 50m back and eighth in 100 & 200m back at Telstra Olympic Team Selection Trials in Sydney....placed fourth in 200m back and fifth in 50m back at Telstra Australian Short Course Championships in Brisbane

#### IN 2003

Finished sixth in 50m back at Telstra Australian Championships in Sydney

### OUT OF THE POOL

**FAMILY MEMBERS:** Dad - Chris, Mum - Carolyn, Sister - Lindsey; **WHAT OR WHO INSPIRES YOU:**

**ROLE MODELS:** Parents

### PERSONAL

**STUDIES/OCCUPATION:** Life Guard; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** ALF, basketball; **SUPERSTITIONS:** Lucky pair of jocks; **ULTIMATE RELAXATION:** TV; **SPECIALITY IN THE KITCHEN:** Two minute noodles; **ONE THING YOU CAN'T LIVE WITHOUT:** Famous Union iced coffee; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Surfing

### FAVOURITE

**SPORTING TEAM:** Sydney Swans; **MOVIES:** Die Hard 1, 2 and 3; **BANDS/MUSIC:** Rob Zombie; **CDs:** Rob Zombie; **FOOD:** Steak; **DRINK:** Iced Coffee; **SWIM MEET:** Nationals; **HOBBIES:** Surfing, spear fishing; **PETS:** Dog - Morris; **LAST BOOK YOU READ:** One of the Harry Potter books; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:** My mum, she's always there to keep me in line; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Tall, blonde and blue eyes; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Gold; **PERSONAL AMBITIONS:** Not at the moment; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Yes; **WHAT AGE DID YOU START SWIMMING AND WHY?** 8 years because I grew up around water;

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
World Champs	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley (heat swim); 16 <sup>th</sup> 100m back; 21 <sup>st</sup> 50m back; 24 <sup>th</sup> 200m back
Pan Pacific Champs	Victoria, BC, Canada	2006	5 <sup>th</sup> 200m back
Duel in the Pool	Sydney, Australia	2007	5 <sup>th</sup> 200m back; 7 <sup>th</sup> 100m back

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	25.09	2 <sup>nd</sup>	2008 Telstra GP 2
100m backstroke	53.78	=2 <sup>nd</sup>	2008 Telstra GP 2
200m backstroke	1:56.75	Australian Record	2008 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m backstroke	24.87		2007 Aust. Champs
100m backstroke	53.14	10 <sup>th</sup>	2004 Aust. Champs
200m backstroke	1:56.02		2004 Aust. Champs



# EAMON SULLIVAN

**NICKNAME:** Sullo and Mad Dog  
**D.O.B:** 30/08/1985  
**AGE:** 22  
**BORN:** Australia  
**LIVES:** Subiaco, WA  
**HGT:** 189cm  
**WGT:** 78kg  
**CLUB/INSTITUTE:** West Coast / WAIS  
**TRAINS (Pool):** Challenge Stadium  
**COACH:** Grant Stoelwinder



## Individual Australian Long Course Titles: 4

2 - 50m freestyle (07, 08); 2 - 100m freestyle (07, 08)

**CAREER HIGHLIGHTS:** Won a gold and bronze at the 2007 FINA World Championships....relay gold and silver medallist 2006 Commonwealth Games....Olympic relay finalist in Athens in 2004....won gold as a heat swimmer in 4x100m medley at 2006 FINA World Short Course Championships....was equal third in 100m free and won two relay bronze at 2006 Pan Pacific Championships....won first National Open title 2005 Telstra Australian Short Course Championships....won a relay bronze medal at 2003 Australian Youth Olympic Festival....world record holder for 50m free (long course)....Commonwealth record holder for 100m free (long course)....Australian record holder for 50 & 100m free (short course)

### IN 2008

Set world record in 50m free (21.56) & Commonwealth record in 100m free at NSW Open Champs in Sydney....won 50 & 100m free at the Telstra Australian Championships / Olympic Trials in Sydney....set world record (twice) in 50m free (21.41 & 21.28) and Commonwealth record in 100m free at Australian Championships / Olympic Trials....won 50m free, was equal second in 100m free at Seven Hills Invitational in Rome....won 50 & 100m free at Barcelona leg of Mare Nostrum series....won 50 & 100m free at Canet leg of Mare Nostrum series

### IN 2007

Won 50 & 100m free at the Telstra Australian Championships in Brisbane (Dec 06)....broke Australian record in 50m free at the Telstra

Australian Championships....won 4x100m medley, was third in 100m free, fifth in 50m free and fifth in 4x100m free at FINA World Championships in Melbourne....won mixed 4x100m free, was second in 50 & 100m free at Fujitsu Duel in the Pool in Sydney....broke the Australian short course record twice in winning the 50m free at Telstra GP2 in Canberra....won gold in 4x100m free, silver in 50m free, bronze in 4x100m medley and was ninth in 100m free at Japan International Swim Meet in Chiba....won 50 & 100m free at the FINA World Cup in Sydney....claimed 50m free and was second in 100m free at the FINA World Cup in Moscow....placed second in 50 & 100m free at the FINA World Cup in Stockholm....was second 100m free and third in the 50m free at the FINA World Cup in Berlin

### IN 2006

Second in 50m free, third in 100m free and finished seventh in 50m fly at Telstra Commonwealth Games Trials in Melbourne....won gold in 4x100m medley and silver in 4x100m free and was fifth in 50 & 100m free Commonwealth Games in Melbourne....won gold as a heat swimmer in 4x100m medley and was seventh in 4x100m free at FINA World Short Course Championships in Shanghai....won 100m free twice (Barcelona & Monaco) and another silver and two bronze in Mare Nostrum series....won gold in 100m free and silver in 50m free at Swim Meet of Champions in Mission Viejo....added gold in 50m free and silver in 100m free at Santa Clara International....won 50 & 100m free at Telstra GP2 in Brisbane....dead heated for bronze in 100m free, added bronze in both 4x100m relays and was

seventh in 50m free at Pan Pacific Championships in Victoria, BC

### IN 2005

Finished third in 100m & fourth in 50m free and eighth in 50m fly at Telstra Trials in Sydney....claimed first ever National Open title when equal first in the 100m free at Telstra Australian Short Course Championships in Melbourne....also finished third in 50m free at Telstra Australian Short Course Championships

### IN 2004

Was sixth in 4x100m free on senior Australian Team debut at Athens Olympics....claimed fourth in 100 & eighth in 50m free at Telstra Olympic Team Selection Trials in Sydney....won gold in 100 & silver in 50m free at Fisher & Paykel Australian Championships in Perth....was fourth in 100m free at Telstra Australian Short Course Championships in Brisbane

### IN 2003

Claimed gold in the 100 and silver in the 50m free at Fisher & Paykel Australian Championships in Brisbane....won bronze in 4x100m free, was fourth in 50m and twelfth in 100m free at Australian Youth Olympic Festival in Sydney

### PREVIOUS YEARS

**2002:**....won gold in 50m free and a silver in 100m free at Australian Age Championships in Sydney....represented Australia in Trans Tasman Series

## OUT OF THE POOL

**FAMILY MEMBERS:** Mum - Pam, Dad - John, Sister - Pia; **WHAT OR WHO INSPIRES WHO:** My family; **ROLE**

**MODELS:** Todd Pearson, Roland Schoeman;

## PERSONAL

**STUDIES/OCCUPATION:** Sports Science; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Hockey;

**INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** Three hip operations in two years;

**SUPERSTITIONS:** Knock on wood all the time; **ULTIMATE RELAXATION:** Coke, wood fired pizza and a movie;

**SPECIALITY IN THE KITCHEN:** Herb crumbed chicken breast with garlic butter sauce and creamed potatoes; **WHAT**

**DO YOU LIKE TO DO AWAY FROM SWIMMING:** Staying dry and relaxing with mates

## FAVOURITE

**SPORTING TEAM:** West Coast Eagles; **MOVIES:** Anchor Man, Beerfest, Old School; **TV SHOW:** Simpsons, Family Guy;

**BADS/MUSIC:** House music; **CDs:** Ministry of Sound, One Loves; **FOOD:** Pizza, hot Italian sausage; **DRINK:** Apple kiwi

cordial; **SWIM MEET:** Mare Nostrum; **HOBBIES:** Lawn Bowls, knitting, surfing, sun banking; **PETS:** Dog - Heidi

(Sausage dog); **WHAT'S YOUR GREATEST ASSET?** Parents; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** Todd Pearson, trained with him through Athens Olympics. He taught me a lot; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Crazy, motivated, relaxed; **SWIMMING SHORT TERM GOALS:** Beijing Olympics; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Gold; **PERSONAL AMBITIONS:** Stay in one piece; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Three hip operations, seven years shoulder problems, 18 cortisone injections; **WHAT AGE DID YOU START SWIMMING AND WHY?** 11, because of asthma; **FAVOURITE SWIMMER AND WHY?** Michael Klim, so experienced and always willing to share advice; **FAVOURITE ATHLETE AND WHY?** Chris Judd; **NOTABLE QUOTE:** "Pain is weakness leaving the body".

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	6 <sup>th</sup> 4x100m free
World Champs	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley; 3 <sup>rd</sup> 100m free; 5 <sup>th</sup> 50m, 4x100m free
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 4x100m medley; 2 <sup>nd</sup> 4x100m free; 5 <sup>th</sup> 50m, 100m free
World Short Course	Shanghai, China	2006	1 <sup>st</sup> 4x100m medley (heat swim); 7 <sup>th</sup> 4x100m free; 15 <sup>th</sup> 100m free; 25 <sup>th</sup> 50m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 <sup>rd</sup> 4x100m free, 4x100m medley; =3 <sup>rd</sup> 100m free; 7 <sup>th</sup> 50m free
Duel in the Pool	Sydney, Australia	2007	1 <sup>st</sup> 4x100m mixed free; 2 <sup>nd</sup> 50m, 100m free
Australian Youth Olympic Festival	Sydney, Australia	2003	3 <sup>rd</sup> 4x100m free; 4 <sup>th</sup> 50m free; 12 <sup>th</sup> 100m free
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 50m free; 3 <sup>rd</sup> 4x100m medley; 9 <sup>th</sup> 100m free

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	21.28	World record	2008 Aust. Champs
100m freestyle	47.52	Commonwealth record	2008 Aust. Champs
50m butterfly	24.35		2006 WA Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE:**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	21.31	Australian record	2007 World Cup, Moscow
100m freestyle	46.82	Australian record	2007 World Cup, Stockholm
50m butterfly	24.17		2005 WA Champs

## MATT TARGETT

**NICKNAME:** Targie / Targett  
**D.O.B:** 24/12/1985  
**AGE:** 22  
**BORN:** Cherstey, England  
**LIVES:** Hawthorn, VIC  
**HGT:** 198cm  
**WGT:** 88kg  
**CLUB/INSTITUTE:** Melbourne Vicentre  
**TRAINS (Pool):** MSAC  
**COACH:** Ian Pope



**Individual Australian Long Course Titles: 1**  
1 - 50m butterfly (08)

**CAREER HIGHLIGHTS:** Has won three gold and a silver at Telstra Australian Short Course Championships....claimed first National long course title with win in 50m fly at the 2008 Telstra Australian Championships / Olympic Trials....DQ'd after winning silver in 50m fly at 2006 Commonwealth Games....won gold in 4x100m free and was second in 100m free at 2007 Japan International Swim Meet

### IN 2008

Won 50m fly, was second in 100m free and fourth in 100m fly & 50m free at the Telstra Australian Championships / Olympic Trials in Sydney

### IN 2007

Won silver in 50m fly, was fourth in 50m free and sixth in 100m free at the Telstra Australian Championships in Brisbane

(Dec 06)....won gold in 4x100m free, was second in 100m free and eighth in 50m free at Japan International Swim Meet in Chiba....won 50 & 100m free, was second in 100m fly at Telstra Australian Short Course Championships in Melbourne

### IN 2006

Was disqualified after winning silver in 50m fly at Commonwealth Games in Melbourne....was third in 50m fly and fourth in 50m free at Telstra Commonwealth Games Trials in Melbourne....won a gold and two silver in relays at NCAA Championships representing Auburn University

### IN 2005

Won first ever National title with victory in 50m free at Telstra Australian Short Course Championships in

Melbourne....was fourth in 50m free and sixth in 100m free at FINA World Cup meet in Sydney....swam for University of Virginia, USA

### IN 2004

Finished tenth in 50m free at Telstra Olympic Team Selection Trials in Sydney....was third in 50m free and fourth in 100m free at Fisher & Paykel Australian Age Championships in Perth

### IN 2003

Was 14<sup>th</sup> in 50m free at Fisher & Paykel Australian Age Championships in Brisbane

### PREVIOUS YEARS

**2002**....was 13<sup>th</sup> in 50m free and 17<sup>th</sup> in 100m free at Australian Age Championships in Sydney

## OUT OF THE POOL

**FAMILY MEMBERS:** Mother- Vera, Father- Steve, Sister- Lisa; **WHAT OR WHO INSPIRES YOU:** Outstanding Athletic Achievement; **ROLE MODELS:** Brett Hawke; Grant Hackett

## PERSONAL

**STUDIES/OCCUPATION:** Marketing Degree from Auburn University to be completed in 2009; **SPORTS BEFORE SWIMMING**

**AND SPORTS YOU PLAY NOW:** National Junior Water Polo team; Casual Golfer; **INTERESTING FACTS PEOPLE MAY**

**NOT KNOW ABOUT YOU:** I lived with my family In Japan for 7 Months in 1995; **SUPERSTITIONS:** None; **ULTIMATE**

**RELAXATION:** Watching a Movie or DVD with Friends; **SPECIALTY IN THE KITCHEN:** Steak or Pasta Bolognese

**ONE THING YOU CAN'T LIVE WITHOUT:** Sleep; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Cycling; Golf and Driving

## FAVOURITE

**SPORTING TEAM:** Washington Redskins in the NFL; Essendon in the AFL; **MOVIES:** 300; Blow; Boondock Saints

**TV SHOW:** Entourage; Nip/Tuck; **BANDS/MUSIC:** Citizen Cope; **CD'S:** Every Waking Moment; The Clarence Greenwood Recordings; Citizen Cope and Ministry of Sound Albums; **FOOD:** Churrascaria Steak (Brazilian style)

**DRINK:** Water; **SWIM MEET:** Olympic Games; **HOBBIES:** Cooking, Driving; **PETS:** Not at the moment; **WHAT'S YOUR GREATEST ASSET?** Height; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY:**

Dieter Roylance, my trainer and best mate. He taught me to discipline myself and was the catalyst for the positive change in myself; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Competitive, Relaxed, Spontaneous; **HOW WOULD YOU LIKE TO BE REMEMBERED?** As a good competitor and sportsman; **SWIMMING CAREER ULTIMATE GOAL:** Olympic Gold; **PERSONAL AMBITIONS:** To extract my fullest potential; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?** Choosing between Water Polo and Swimming in 2004; **WHAT AGE DID YOU START SWIMMING AND WHY?** I have been swimming as long as I can remember, though, I began swimming seriously when I quit water polo in 2004; **FAVOURITE SWIMMER AND WHY?** Brett Hawke because I have been able to look up to him my entire swimming career, as an athlete, mentor and also as a coach; **FAVOURITE ATHLETE AND WHY?** Clinton Portis (Washington Redskins Running Back) because his interviews and alter egos reflect his stimulating style of play; **NOTABLE QUOTE:** "You have to expect things of yourself before you can do them" - Michael Jordan

#### AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	DQ 50m fly
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 4x100m free; 2 <sup>nd</sup> 100m free; 8 <sup>th</sup> 50m free

#### PERSONAL BEST TIMES AND RANKINGS- LONG COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	23.44	=2nd	2008 Aust. Champs
100m butterfly	52.34	5th	2007 Pan Pac Invitational
50m freestyle	22.37	6th	2008 Aust. Champs
100m freestyle	48.36	3rd	2008 Aust. Champs

#### PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m butterfly	23.66	8th	2007 Aust. Champs
100m butterfly	51.54	5th	2007 Aust. Champs
50m freestyle	21.49	3rd	2008 Telstra GP 1
100m freestyle	47.89	7th	2007 Aust. Champs

## LISBETH TRICKETT

**NICKNAME:** Libby  
**D.O.B:** 28/01/1985  
**AGE:** 23  
**BORN:** Townsville, QLD  
**LIVES:** Brisbane, QLD  
**HGT:** 169.9cm  
**WGT:** 59kg  
**CLUB/INSTITUTE:** Commercial / QAS  
**TRAINS (Pool):** The Valley  
**COACH:** Stephan Widmer



### Individual Australian Long Course Titles: 11

5 - 50m freestyle (03, 04, 06, 07, 08); 3 - 100m freestyle (06, 07, 08); 1 - 50m butterfly (07); 2 - 100m butterfly (05, 08)

**CAREER HIGHLIGHTS:** Dual Olympic medallist, winning one gold and one bronze at her 2004 Games debut in Athens... victory as a member of the world record breaking 4x100m free team and bronze in the 50m free... won five gold and two silver medals at 2006 Commonwealth Games... has eight gold, two silver and two bronze from three FINA World Championships... won seven gold, three silver and two bronze at two FINA World Short Course Championships... is the current world long course record holder in the 50 and 100m free... is the current world short course record holder in the 100 & 200m free and 100m fly... 2007 Telstra Swimmer of the Year

#### IN 2008

Won 50 & 100m free and 100m fly at the Telstra Australian Championships / Olympic Trials in Sydney... set World record in 50 (23.97) & 100m (52.88) free and Commonwealth record in 100m fly at Australian Championships / Olympic Trials... set short course world record in 100m fly at the Telstra GP 1 in Canberra

#### IN 2007

Won 50 & 100m free plus 50m fly, was second in the 100m fly and third in the 200m free at the Telstra Australian Championships in Brisbane (Dec 06)... won gold in 50 & 100m free, 100m fly, 4x100m free & 4x100m medley (world record) at the FINA World Championships in Melbourne... set or equalled Commonwealth record in 100m free (twice) and 100m fly at World Championships... won 50, 100, 4x100m and mixed 4x100m free at Fujitsu Duel in the Pool... swam world's fastest ever time in 100m free of 52.99 leading off mixed relay at Duel in the Pool... the 52.99 was not ratified as a WR by FINA... won 100 & 4x100m free, 100m fly & 4x100m medley and was second in 50m free at Japan International Swim Meet in Chiba... won 50 & 100m free and 50m fly at Telstra Australian Short Course Championships in Melbourne... broke world record in 4x100m free time trial and

Commonwealth record in 50m free at Australian Short Course Championships... won the 50, 100 & 200m free, 50m fly at the FINA World Cup in Sydney... was named Telstra Swimmer of the Year

#### IN 2006

Won 50, 100, 4x100 & 4x200m free and 4x100m medley (world record) as well as silver in 200m free and 100m fly at Commonwealth Games in Melbourne... also recorded the then fastest ever 100m free relay split (52.87) at Commonwealth Games... broke world record and won 100m free and also won 50m free as well as finishing 2nd in 200m free and 100m fly at Telstra Commonwealth Games Trials in Melbourne... won 50, 100 & 4x200m free, 100m fly & 4x100m medley (world record) and was second in 4x100m free at FINA World Short Course Championships in Shanghai... won 11 gold and a silver from 12 races at Mare Nostrum series and was second in Overall Trophy... won 50 & 100m free plus 50 & 100m fly at Telstra Australian Short Course Championships in Hobart... broke world record in 100m fly and Commonwealth record in 50m fly at Australian Short Course Championships

#### IN 2005

Triple gold medal haul in the 50m free and both 4x100m free and medley relays along with silver in both the 100m fly and 4x200m free at the FINA World Championships in Montreal... dead-heated for first in the 100m fly, finished second in the 50m free and third in the 50m fly and 100m free at the Telstra Trials in Sydney... smashed the world record twice in the 100m free and won gold in 50 & 100m free and silver in 100m fly at the Telstra Australian Short Course Championships in Melbourne... claimed four wins from four races at the Skins in Sydney... broke the short course 200m free world record and 50m free Commonwealth record at the FINA World Cup in Sydney

#### IN 2004

In Athens at the Olympics was part of Australia's gold medal world record breaking 4x100m free relay... also won bronze in the 50m free at the Olympics... clocked 53.66 to smash the 100m free world record in the semi finals, before finishing second in the final at the Telstra Trials in Sydney to qualify for her first Olympic Team... later at Telstra Trials won the 50m free in an Australian record and was third in the 100m fly... won the 50 & 100m free and fly and broke the Commonwealth record in the 100m free at Telstra Australian Short Course Championships in Brisbane... won the 100m free and 4x100m medley, was second in the 50m and 4x200m free and third in the 50m fly and 4x100m free at the FINA World Short Course Championships In Indianapolis

#### IN 2003

Won 50m free in Australian record, silver in both the 100m free and 50m fly and bronze in the 100m fly at Telstra Australian Championships in Sydney... claimed her first major individual international medal, winning bronze in the 50m free and as a member of the 4x100m free relay at the FINA World Championships in Barcelona... won the 100m free in a Commonwealth record, the 50m free in an Australian record and the 50m fly at the Telstra Australian Short Course Championships in Hobart... won two gold and a silver at Fisher & Paykel Australian Age Championships in Brisbane

#### PREVIOUS YEARS

**2002**... finished fifth in both the 50m fly and free at the Telstra Australian Championships in Brisbane... won two gold, a silver and three bronze at Oceania Championships in Noumea... claimed silver in both the 50 and 100m free at the FINA World Cup in Melbourne... **2001**... double finalist at Tip Top Australian Age Championships in Hobart... **2000**... fifth in 100m fly at Tip Top Australian Age Championships in Perth

#### OUT OF THE POOL

**FAMILY MEMBERS:** Husband - Luke, sisters - Justine and Victoria, brother - Stewart; **WHAT OR WHO INSPIRES YOU:** Trying to achieve personal bests and getting the best out of myself; **ROLE MODELS:** Anyone working hard to achieve their best

## PERSONAL

**STUDIES/OCCUPATION:** Bachelor of Communication; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:**

Previously I participated in athletics, rowing, touch football, tennis and gymnastics; **INTERESTING FACTS PEOPLE MAY NOT**

**KNOW ABOUT YOU:** My feet are a size 6; **SUPERSTITIONS:** I like to have a brand new cap to race in for each meet; **ULTIMATE RELAXATION:** Snuggling up with a big warm doona on a rainy day; **SPECIALITY IN THE KITCHEN:** Cannelloni; **ONE THING YOU CAN'T LIVE WITHOUT:** My family and friends; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** I just bought a surfboard

so I'm learning to surf, hanging out with friends and shopping.

## FAVOURITE

**MOVIES:** Remember the Titans; **TV SHOW:** The OC and Lost; **BANDS/MUSIC:** I have an Eclectic taste in music, anything from Brittany Spears to Metallica; **FOOD:** Sushi, hot chips, maltesers; **DRINK:** Diet Coke; **HOBBIES:** Reading, going to the movies and shopping; **WHAT'S YOUR GREATEST ASSET?** Persistence; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED**

**AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE**

**AND WHY?** My mum because she has been such a huge support throughout my life and because she is such a strong person;

**HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS:** Fun, determined, silly; **HOW WOULD YOU LIKE TO BE**

**REMEMBERED?** As someone who worked hard to achieve their dreams and who enjoyed doing so; **SWIMMING CAREER**

**ULTIMATE GOAL:** To win an individual international gold medal; **PERSONAL AMBITIONS:** To always strive to do my best, trying

to improve myself, have fun and meet new and interesting people; **HAVE YOU ENCOUNTERED ANY OBSTACLES DURING**

**YOUR SWIMMING CAREER?** Having to make the decision to change coaches and to take on more responsibility as a swimmer;

**WHAT AGE DID YOU START SWIMMING AND WHY?** Learnt to swim when I was one-year-old because all my siblings were

having swimming lessons and I was around the pool; **FAVOURITE SWIMMER AND WHY:** Matt Welsh, his longevity at the highest

level is something to be admired; **FAVOURITE ATHLETE AND WHY?** Pete Sampras - amazing! **NOTABLE QUOTE:** "They never

said it would be easy, they just said it would be worth it".

## AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	1 <sup>st</sup> 4x100m free; 3 <sup>rd</sup> 50m free; 9 <sup>th</sup> 100m free
World Champs	Barcelona, Spain	2003	3 <sup>rd</sup> 50m free, 4x100m free; 14 <sup>th</sup> 50m fly; 19 <sup>th</sup> 100m fly
	Montreal, Canada	2005	1 <sup>st</sup> 50m, 4x100m free, 4x100m medley; 2 <sup>nd</sup> 100m fly, 4x200m free
	Melbourne, Australia	2007	1 <sup>st</sup> 50m, 100m, 4x100m free, 100m fly, 4x100m medley
Commonwealth Games	Melbourne, Australia	2006	1 <sup>st</sup> 50m, 100m, 4x100m, 4x200m free, 4x100m medley; 2 <sup>nd</sup> 100m fly, 200m free
World Short Course	Indianapolis, USA	2004	1 <sup>st</sup> 100m free, 4x100m medley; 2 <sup>nd</sup> 50m free, 4x200m free; 3 <sup>rd</sup> 50m fly, 4x100m free
	Shanghai, China	2006	1 <sup>st</sup> 50, 100, 4x200m free, 100m fly, 4x100m medley; 2 <sup>nd</sup> 4x100m free
Duel in the Pool	Indianapolis, USA	2003	1 <sup>st</sup> 100m free, 4x100m medley; 2 <sup>nd</sup> 4x100m free
	Irvine, USA	2005	1 <sup>st</sup> 100m, 200m, 4x100m free; 2 <sup>nd</sup> 100m fly
	Sydney, Australia	2007	1 <sup>st</sup> 50m, 100m, 4x100m, mixed 4x100m free
Oceania Champs	Noumea, New Caledonia	2002	1 <sup>st</sup> 50m fly, 4x100m free; 2 <sup>nd</sup> 50m free; 3 <sup>rd</sup> 50m back, 100m free, 100m fly
Japan International Swim Meet	Chiba, Japan	2007	1 <sup>st</sup> 100m, 4x100m free, 100m fly, 4x100m medley; 2 <sup>nd</sup> 50m free

## PERSONAL BEST TIMES AND RANKINGS- LONG COURSE:

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	23.97	World Record	2008 Aust. Champs
100m freestyle	52.88	World Record	2008 Aust. Champs
200m freestyle	1:57.06 (relay)	3 <sup>rd</sup>	2005 World Champs
50m butterfly	26.30	3 <sup>rd</sup>	2007 Aust. Champs
100m butterfly	56.81	Commonwealth Record	2008 Aust. Champs

## PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m freestyle	23.77	Commonwealth Record	2007 Aust. Champs
100m freestyle	51.70	World Record	2005 Aust. Champs
200m freestyle	1:53.29	World Record	2005 World Cup, Sydney
50m butterfly	25.56	2 <sup>nd</sup>	2007 World Cup, Sydney
100m butterfly	55.74	World Record	2008 Telstra GP 1
100m individual medley	1:01.40	8 <sup>th</sup>	2005 World Cup, Sydney

## TARNEE WHITE

**NICKNAME:** Whitey  
**D.O.B:** 17/10/1981  
**AGE:** 26  
**BORN:** Redcliffe, QLD  
**LIVES:** Canberra, ACT  
**HGT:** 165 cm  
**WGT:** 60kg  
**CLUB/INSTITUTE:** Chandler / AIS  
**TRAINS (Pool):** AIS  
**COACH:** Shannon Rollason



### Individual Australian Long Course Titles: 2

2 - 50m breaststroke (01, 08)

**CAREER HIGHLIGHTS:** 2000 Olympic finalist in 100m breast... won silver as a relay heat swimmer at 2000

Olympics...won gold as a heat swimmer in 4x100m medley, was fourth in 50m breast and sixth in 100m breast at 2007 FINA World Championships...dual Commonwealth Games bronze medallist from two appearances...has represented Australia at two FINA World Championships and two Pan Pacific Championships

#### IN 2008

Won 50m breast and was second in 100m breast at the Telstra Australian Championships / Olympic Trials in Sydney...won 50 & 100m breast at Monaco leg of Mare Nostrum series... Was second in 50m & third in 100m breast at Barcelona leg of Mare Nostrum series

#### IN 2007

Was second in the 100m breast and third in the 50m breast at the Telstra Australian Championships in Brisbane (Dec 06)...won gold as a heat swimmer in the 4x100m medley, was fourth in the 50m breast and sixth in the 100m breast at the FINA World Championships in Melbourne...placed seventh in the 100m breast at the Fujitsu Duel in the Pool in

Sydney...claimed bronze in 50 & 100m breast at the FINA World Cup in Sydney

#### IN 2006

Won bronze in 50m breast and was fourth in 100m breast at Commonwealth Games in Melbourne...grabbed bronze in 50 & 100m breast at Telstra Commonwealth Games Trials in Melbourne...picked up silver (Barcelona) and bronze (Monaco) in 100m breast at Mare Nostrum series...was third in 50m breast at Telstra Australian Short Course Championships in Hobart

#### IN 2005

Finished third in both 50 & 100m breast at Telstra Trials in Sydney...was second in 50 & third in 100m at QLD Championships (December)

#### IN 2004

Was fourth in 50m and fifth in 100m breast at Telstra Olympic Team Selection Trials in Sydney...was a finalist in 50 & 100m breast at Telstra Australian Short Course Championships in Brisbane... was a finalist in 50 & 100m breast at Telstra FINA World Cup in Melbourne

#### IN 2003

Claimed bronze in 100m and was fourth in 50m breast at the Telstra Australian

Championships in Sydney... was a finalist in 100m breast at Telstra FINA World Cup in Melbourne

#### PREVIOUS YEARS

**2002...**won bronze in 50m breast and was fourth in 100m breast at Manchester Commonwealth Games...was second in 100m and third in 50m at Telstra Australian Championships in Brisbane...claimed bronze in 50m and 100m breast at Telstra Australian Short Course Championships in Melbourne...**2001...**finished ninth in 50 & 100m breast at FINA World Championships in Fukuoka...added silver in 100m and bronze in 200m breast to first ever Australian title when victorious in 50m breast at Telstra Australian Championships in Hobart...**2000...**took home silver swimming the breast leg of medley relay and was seventh in 100m breast at the Sydney Olympics...was second in 100m and third in 50m at Telstra Selection Trials in Sydney... claimed silver in 100m breast at Telstra Australian Short Course Championships in Melbourne...**1999...**made senior Australian Team debut at Pan Pacs in Sydney...third in 100m breast at Telstra Australian Championships

#### OUT OF THE POOL

**FAMILY MEMBERS:** Dad - Lionel, Mum - Maralyn, Brother - Nathan, Sister-in-law - Kerrielee and three nephews, fiance Ben Southwell; **WHAT OR WHO INSPIRES YOU:** My team mates:

#### PERSONAL

**STUDIES/OCCUPATION:** Diploma in Event Management; **SPORTS BEFORE SWIMMING AND SPORTS YOU PLAY NOW:** Just swimming; **INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU:** None; **SUPERSTITIONS:** No; **ULTIMATE RELAXATION:** Sitting on the beach; **SPECIALITY IN THE KITCHEN:** Potato bake; **ONE THING YOU CAN'T LIVE WITHOUT:** My family; **WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING:** Be with family and friends, go to the beach and shop

#### FAVOURITE

**SPORTING TEAM:** Australian swim team of course; **TV SHOW:** Sex in the City; **BANDS/MUSIC:** Xavier Rudd, Wolf Mother, Missy Higgins, Pete Murray; **FOOD:** Breakfast, ice-cream; **DRINK:** Coke; **SWIM MEET:** Mare Nostrum; **HOBBIES:** Bike riding, going to the beach, movies; **WHAT'S YOUR GREATEST ASSET?** Personality; **HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?** No; **WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?** My Mum, she has always supported me; **HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?** Fun, adventurous, caring; **HOW WOULD YOU LIKE TO BE REMEMBERED?** A good person that always had a go; **SWIMMING LONG TERM GOAL:** Medal at Olympics in 2008; **HAVE YOU ENCOUNTERED OBSTACLES DURING YOUR SWIMMING CAREER?** Three knee injuries; **WHAT AGE DID YOU START SWIMMING AND WHY?** Age three to follow my brother;

**AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS**

EVENT	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	2 <sup>nd</sup> 4x100m medley (heat swim); 7 <sup>th</sup> 100m breast
World Champs	Fukuoka, Japan	2001	9 <sup>th</sup> 50m, 100m breast
	Melbourne, Australia	2007	1 <sup>st</sup> 4x100m medley (heat swim); 4 <sup>th</sup> 50m breast; 6 <sup>th</sup> 100m breast
Commonwealth Games	Manchester, England	2002	3 <sup>rd</sup> 50m breast; 4 <sup>th</sup> 100m breast
	Melbourne, Australia	2006	3 <sup>rd</sup> 50m breast; 4 <sup>th</sup> 100m breast
Pan Pacific Champs	Sydney, Australia	1999	7 <sup>th</sup> 100m breast; 13 <sup>th</sup> 200m breast
	Yokohama, Japan	2002	9 <sup>th</sup> 100m breast
Duel in the Pool	Sydney, Australia	2007	7 <sup>th</sup> 100m breast
Goodwill Games	Brisbane, Australia	2001	1 <sup>st</sup> overall women's team

**PERSONAL BEST TIMES AND RANKINGS- LONG COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	30.60	3 <sup>rd</sup>	2008 Aust. Champs
100m breaststroke	1:06.04	2 <sup>nd</sup>	2008 Aust. Champs
200m breaststroke	2:31.65		2001 Aust. Champs

**PERSONAL BEST TIMES AND RANKINGS - SHORT COURSE**

EVENT	PERSONAL BEST	ALL-TIME AUSTRALIAN RANKING	MEET
50m breaststroke	30.26	4 <sup>th</sup>	2008 Telstra GP 1
100m breaststroke	1:05.80	6 <sup>th</sup>	2007 World Cup, Sydney