



# THE WAY





## FORMER OLYMPIAN INSPIRES STUDENTS

It is not every day you have the opportunity to wear a Commonwealth Games Gold medal.

This was the opportunity recently when former Australian Olympian Alexandra Croak visited Year 8 and 9 students last week.

Alexandra Croak is 1 of 13 Australians to have competed in more than one sport at the Olympic Games. In the Sydney 2000 Olympic Games Alexandra, as a 15 year old, represented in the individual all-around and team competitions. She then went on to win gold in the team event and silver on the beam at the 2002 Commonwealth Games.

What makes Alexandra's achievements even more remarkable is that at the 2006 Commonwealth Games she represented Australia in the sport of Diving. This made her the first Australian woman to compete at consecutive Commonwealth Games in different sports. Alexandra went on to compete in the 10m platform diving at the Beijing Olympic Games and reached the semi-final. In 2010, she won the 10m synchronised platform with Melissa Wu, making Alexandra the first Australian woman to win gold in two separate Commonwealth Games sports.

Last week, Alexandra inspired our Year 8 and 9 students with her inspiring story of her career and the sacrifices she had to make in order to be successful. Her presentation was interactive and engaging as she shared how she set her goals, overcome challenges and demonstrated resilience throughout her Olympic journey and career post the Olympics as a mother.

The College wishes to thank Alexandra for inspiring our students for excellence both academically and on the sporting field.

**Mr Kent Weir**

PDHPE Coordinator

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