



# THE WAY



## SWIMMING CHAMPIONSHIPS

**In the holidays, two of our students Dakota J, Isaac E AND Jonah represented their clubs in swimming at the NSW Championships in Olympic Park, Homebush.**

We asked them about the event, the training they do and what they think about swimming. Here is what they had to say.

Dakota: "In the Holidays, i went to Homebush Olympic Park and i competed in the 50m butterfly

and 50m freestyle representing Mounties Swimming Club.

Swimming is a very hard sport you have to get certain times and work really hard. If my coach Maddy wasn't coaching at the time, then I wouldn't be at stave today.

I train in the mornings just before school at 5am at least 2 or 3 times a week. I also train weekends and week days after school".

Isaac: "Swimming is a hard sport. You have to give up everything. When you make it to state and all the other meets, it is hard. The carnivals start bright and early and finish late at night. I train every day and even on the weekends".

Jonah: "Over the holidays I competed in a race representing Prairiewood Swimming Club. For me any race is always a thrilling experience no matter what. I actually remember standing on that block waiting for the whistle then the beep. Although it was not my first time racing in Homebush, it was still a stunning and exciting experience. I qualified for this race because of hard work and determination which is proving to everyone that no matter what, if you put your mind and the work into any sport, you will achieve your goal and succeed. My passion and love for the sport is what keeps me going".

The College is very proud of their dedication to training and competing to a high standard. Well done

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