

Swimmer Profile

Name: Sophie Lewis	Age: 14
Club: Fairfield	Coach: Ken Nixon
About Sophie	
Greatest achievement in swimming: Gaining a 3 rd place in 50m Freestyle at National Age Group Champs in 2014 (as a 13 year old). I also managed to get a personal best with 27.95 seconds.	
Major goals for the next 2 years: Over the next 2 years I hope to continue to perform well and gain Personal Bests. I would like to gain top 3 placings at the NZ Age Group Championships this year. I would also like to qualify for an International Event and represent New Zealand.	
Interests: Swimming, spending time with family and friends.	
School/University/subjects/company/position? Waikato Diocesan for Girls, Hamilton	

Swimmer Profile

What New Zealander inspires you the most & why?

Helena Gasson who I swim with at Fairfield inspires me the most because I observe the way she performs both mentally and physically during training and at swim meets. She trains the way she races – hard! She has raced overseas and represented New Zealand at Oceania. I enjoy training alongside her as she pushes you to do your best and shows you what it means to be dedicated to the sport.