

<b>Swimmer Profile</b>	
<b>Name:</b> Alex Pampalone	<b>Age:</b> 18
<b>Club:</b> Karori Pirates	<b>Coach:</b> Steve Francis
<b>About</b>	
<b>Greatest achievement in swimming:</b> Third in open 800 free Short course Nationals 2015 Seven Wellington records: 14yr 200 free, 13 yr 400 free, 18 yr 50 bk, 14 yr 100 bk.	
<b>Major goals for the next 2 years:</b> Scholarship at University of West Virginia, leaving August 2016.	
<b>What is your pre-race ritual?</b> Warming up, talking to my coach (Steve), stretching, talking to friends, staying relaxed.	
<b>If you could only eat one thing for the rest of your life what would it be?</b> Zany Zeus greek yogurt	
<b>Who or what inspires you and why?</b> My sister, she had a tremendous intellectual disability and was still able to live a full life.	

**School/University/subjects/company/position?**

Just finished High school. Currently working for the University of Otago at the hospital in Wellington then off to do a BSC in Biology at West Virginia University in August.