

Swimmer Profile

Name: Chelsey Edwards

Age: 14

Club: SwimZone Racing

Coach: Frank Tourelle

About

Greatest achievement in swimming:

Bronze Medal at Australian Age Groups

Major goals for the next 2 years:

- Get selected for the 2018 Commonwealth Games in Australia.
- To beat New Zealand Records.

What is your pre-race ritual?

1. Have a 35 - 40 minute warm up (depending on interval between races).
2. Get changed into race togs.
3. Have a snack to boost energy levels.
4. Relax and focus.
5. Race.

If you could only eat one thing for the rest of your life what would it be?

Burgers (Carbs, Protein and Vegetables).

Who or what inspires you and why?

Michael Phelps because he is great swimmer and has great results through his hard training.

School/University/subjects/company/position?

Chilton St James. Studying Maths, Science, Social Science, Digital Technology, English, Global Perspectives and Physical Education.