

Swimmer Profile

Name: Richard Sasse

Age: 15

Club: SwimZone Racing

Coach: John Ross/ Frank
Tourelle

About

Greatest achievements in swimming:

Won the 12& Under 200 Fly at Juniors when I was 11 and 12.
Got my first Nags time when I was 11 years old.
Made 2 Swimming New Zealand camps.
Won the XLR8 Programme for my age 4 times out of six in one year.

Major goals for the next 2 years:

To keep improving in various strokes and to go to New Zealand Open Championships.

What is your pre-race ritual?

Nothing really. I just stretch before my race.

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

Chocolate.

Who or what inspires you and why?

Michael Phelps – he won 8 gold medals at a single Olympics (2008).
He also works really hard for his dreams

Other people who work hard for their dreams are also inspiring.

School/University/subjects/company/position?

I am year 11 this year at Hutt International Boys School (Hibs). And I am taking English, Mathematics, Specialized Science, History, French, and Japanese.

I really enjoy studying languages and I am going to Japan this year.