

Swimmer Profile	
Name: Gina McCarthy	Age: 13
Club: Hillcrest	Coach: Matt White
About	
Greatest achievement in swimming: Going under 5:00.00 for 400IM at 2015 Short Course & gaining the most individual points at NAGS last year as a 12yr old.	
Major goals for the next 2 years: To be chosen for a NZ team swimming at an international event.	
What is your pre-race ritual? Chatting with my friends then stretching, jumping & slapping my arms & legs whilst waiting behind the blocks.	
If you could only eat one thing for the rest of your life what would it be? Carrots	
Who or what inspires you and why? Lauren Boyle. She was so nice when I met her briefly. I would love to reach those levels in my swimming.	
School/University/subjects/company/position? Waikato Diocesan School	