

Swimmer Profile	
Name: James Raymond	Age: 15
Club: Matamata Swim Club	Coach: Graeme Laing
About	
Greatest achievement in swimming: This year I won a silver medal at the NZ open water champs in the 5km race	
Major goals for the next 2 years: To make the Aqua Knights team for the Vic Champs And to make the NZ open water team by placing in the top 5 in open category for the 10km race	
What is your pre-race ritual? I think about how I'm going to race, what pace I'm going to hold, and how to execute all the techniques and skills which I need for the race	
If you could only eat one thing for the rest of your life what would it be? Spaghetti Bolognaise	
Who or what inspires you and why? I'm not really inspired I just like to push myself see how far I can go with something	

School/University/subjects/company/position?

Matamata College

Subjects: Graphics, Bio-physical, Biology, Physics, Maths and English