

Swimmer Profile

Name: Vanessa Ouwehand

Age: 16

Club: Te Awamutu

Coach: James Galbraith

About

Greatest achievement in swimming:

6 gold medals at the Victorian age group championships in 2013, 5 and 1 bronze in 2014

Major goals for the next 2 years:

medalling at NAGS, hopefully opens also. Participating and finaling at overseas competitions.

What is your pre-race ritual?

I have my own dry land warm up and try to stretch out, limber up and find a calm peace of mind as much as I can before entering the pool before warm up. But nothing's going to stop me from having a silly laugh with my friends every now and then! :)

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

Pancakes or pizza. Hmmm, probably pancakes :)

Who or what inspires you and why?

Goals, awesomeness, fabulousness, and a good mood and can-do feeling!

School/University/subjects/company/position?

I'm a year 12 student at Te Awamutu College, studying level 3 Drama, and level 2 Accounting, Mathematics with Calculus, Economics, and extension English.