

Swimmer Profile	
Name: Kiana Swain	Age: 14
Club: Pukekohe Swimming Club	Coach: Sue Cheyne
About	
Greatest achievement in swimming: Medals at NAGS 2015 and Short Course 2015	
Major goals for the next 2 years: Qualify for junior worlds or junior commonwealth games	
What is your pre-race ritual? Listen to music, drink water and go over my race in my head	
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? Lauren Boyle because she never gives up and is passionate about what she does.	
School/University/subjects/company/position? Pukekohe High School	