

Swimmer Profile	
Name: Samantha Lucie-Smith (Sammie)	Age: 23 Years old
Club: Coast Swim Club	Coach: Clive Power
About	
Greatest achievement in swimming: Qualifying for the London Olympic Games 2012	
Major goals for the next 2 years: To qualify for the 200 Freestyle at the Rio Olympics 2016	
What is your pre-race ritual? Make sure that I have a well-balanced meal the night before my race and the morning of, that way I've got plenty of energy and I'm fueling my body with the right nutrients that it needs. I focus on my breathing prior to racing to keep me in a clear head space and to calm the nerves.	
If you could only eat one thing for the rest of your life what would it be? It'd have to be chocolate or Ice Cream. As an elite athlete you don't get to enjoy these types of foods very often.	
Who or what inspires you and why? The constant encouragement from my partner and my family. This keeps me motivated and makes me realise why I enjoy swimming and want to push myself and succeed in my goals.	

School/University/subjects/company/position?

Part time work as a swim instructor and café assistant.