

Swimmer Profile	
Name: Tyron Henry	Age: 14
Club: Howick Pakuranga	Coach: Paul Dowey
About	
Greatest achievement in swimming: 8 training sessions a week	
Major goals for the next 2 years: Junior Pan Pacs, Aussie Age	
What is your pre-race ritual? Music, relax, mind zone	
If you could only eat one thing for the rest of your life what would it be? Fried rice	
Who or what inspires you and why? Ryan Lochte because he shows you can also work hard in the pool and live life outside of the pool at the same time eg, having fun travel etc.	
School/University/subjects/company/position? Pakuranga college	