

Swimmer Profile

Name: Cecilia Crooks

Age: 15

Club: Neptune

Coach: Gennadiy Labara

About

Greatest achievement in swimming:

Being selected to represent New Zealand at the Australian State Teams Short Course Championships in 2015 and medalling at New Zealand Short Course Championships in 2015.

Major goals for the next 2 years:

I would really like to qualify for the Australian State Teams Short Course Championships again this year and I would also like to qualify for the Australian Age Group Championships Team in 2017.

What is your pre-race ritual?

I like to do some arm swings before I race just to warm up my muscles, and then I like to just focus on my race by thinking about everything I need to do in order to reach a personal best time.

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

Probably Bananas because I absolutely love them and they are my go to snack food.

Who or what inspires you and why?

My inspiration in swimming is Dana Vollmer. Dana is a swimmer from the United States. Dana is an inspiration to me because in 2003 she underwent heart surgery in order to correct a heart condition she had, and then the following year she still managed to

qualify for the USA Olympic Team for the Women's 4x200 freestyle relay where they won the gold medal. In 2008 Dana narrowly missed out on making the USA Olympic Team but she didn't give up, she kept pushing through the hard times and then finally made the USA Olympic Team again in 2012 for the Women's 100 fly, the Women's 4x200 Freestyle Relay and the Women's 4x100 Medley Relay. Dana went on to brake the world record in the 100 Fly and also won the Olympic Gold Medal as well as winning Olympic gold medals in the 4x200 Freestyle Relay and the 4x100 Medley Relay.

School/University/subjects/company/position?

I am year a year 11 student at St Hilda's Collegiate School in Dunedin where I am studying English, Maths, Science, P.E, Geography and History