

Swimmer Profile	
Name: Henri Rollinson	Age: 14
Club: Selwyn Swim Club	Coach: Ellie Sinclair/Ben Close
About	
Greatest achievement in swimming: Achieving Gold in 400m freestyle and silver in 200m freestyle at the State 2014 Junior Championships. Bronze in 400m freestyle at the 2015 National Age Group Championships.	
Major goals for the next 2 years: To swim LC times of under 4:05.00 for 400m Freestyle and under 1:57.00 for 200m Freestyle	
What is your pre-race ritual? Just focus on doing well in each event I swim in and determined to swim a PB.	
If you could only eat one thing for the rest of your life what would it be? Lasagne	
Who or what inspires you and why? Michael Phelps – he has been so successful and is a good role model to look up to	
School/University/subjects/company/position? 2 nd year Lincoln High School	