

Name: Kou Kitahara	Age: 14
Club: Neptune	Coach: Gennardi
About	
Greatest achievement in swimming: 4 th at the NZ short course championships in 100m IM, 1 st in South Island in 100, 200 breast stroke	
Major goals for the next 2 years: Medal at Nags and at NZ Short course chaamps	
What is your pre-race ritual? Dancing ☺ , simple stretching	
If you could only eat one thing for the rest of your life what would it be? Teriyaki Salmon on Rice	
Who or what inspires you and why? The older kids at training who always work hard to achieve their goals	
School/University/subjects/company/position? Year 11 at Otago Boys High School	