



# **Zonal Championships**

## **11 Feb 2017**

### **Swimmer Profile**

## **SOPHIE IRVING**

**Club:** Capital

**Best Stroke:** Backstroke & Butterfly

**Age:** 14

**Coach:** Gary Hollywood

**Greatest achievement/s in swimming:**

Represented NZ at Australian State Age Championships 2016

**Major goals for the next 2 years?**

Give swimming my all and see where it takes me

**What is your favourite motto?**

Train insane or remain the same

**If you could play another sport what would it be?**

Rugby Sevens

**What would your superhero name be?**

Flash

**Who or what inspires you and why?**

Valerie Adams because she works hard, makes sacrifices to get to where she wants to be. Our whole country takes pride in her and her achievements.