



Zonal Championships

11 Feb 2017

Swimmer Profile

BLAIR HELMS

Club: North Shore Swimming

Best Stroke: Free

Age: 14

Coach: Thomas/Andy

Greatest achievement/s in swimming:

Work Ethic at training

Major goals for the next 2 years?

Medal at NAGS; Continue to improve to qualify for Junior Olympics.

What is your favourite motto?

The more you dream the more you achieve.

If you could play another sport what would it be?

Surfing

What would your superhero name be?

The Sentry

Who or what inspires you and why?

Michael Phelps because of his commitment to training.