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NORTH SYDNEY POOL | 29-30 JAN | 4.30PM



NORTH SYDNEY POOL
SUMMER SWIM SERIES

ONE POOL - FOUR TEAMS
AUSTRALIA'S BEST SWIMMERS



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MEDIA GUIDE



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29-30 JAN | 4.30PM

ONE POOL - **FOUR** TEAMS AUSTRALIA'S BEST SWIMMERS

DAY 1 - SATURDAY 29 JANUARY			DAY 2 - SUNDAY 30 JANUARY		
EVENT	GENDER	EVENT	EVENT	GENDER	EVENT
1	Mixed	4 x 100m Freestyle Relay	35	Mixed	4 x 100m Freestyle Relay
2	Men	50m Butterfly	36	Men	50m Butterfly
3	Women	50m Butterfly	37	Women	50m Butterfly
4	Men	100m Backstroke	38	Men	100m Backstroke
5	Women	100m Backstroke	39	Women	100m Backstroke
6	Men	200m Mystery Medley	40	Men	200m Mystery Medley
7	Men	50m Freestyle Knockout	41	Men	50m Freestyle Knockout
8	Women	50m Freestyle Knockout	42	Women	50m Freestyle Knockout
		10 minute break			10 minute break
9	Women	4 x 100m Medley Relay	43	Women	4 x 100m Medley Relay
10	Men	50m Breaststroke	44	Men	50m Breaststroke
11	Women	50m Breaststroke	45	Women	50m Breaststroke
12	Men	100m Butterfly	46	Men	100m Butterfly
13	Women	100m Butterfly	47	Women	100m Butterfly
14	Men	50m Backstroke Knockout	48	Men	50m Backstroke Knockout
15	Women	50m Backstroke Knockout	49	Women	50m Backstroke Knockout
16	Women	200m Freestyle	50	Women	200m Freestyle
17	Men	4 x 100m Freestyle Relay	51	Men	4 x 100m Freestyle Relay
		30 minute break			30 minute break
18	Women	4 x 100m Freestyle Relay	52	Women	4 x 100m Freestyle Relay
19	Men	50m Freestyle	53	Men	50m Freestyle
20	Women	50m Freestyle	54	Women	50m Freestyle
21	Men	100m Breaststroke	55	Men	100m Breaststroke
22	Women	100m Breaststroke	56	Women	100m Breaststroke
23	Women	Mystery Medley	57	Women	Mystery Medley
24	Men	50m Butterfly Knockout	58	Men	50m Butterfly Knockout
25	Women	50m Butterfly Knockout	59	Women	50m Butterfly Knockout
		10 minute break			10 minute break
26	Men	4 x 100m Medley Relay	60	Men	4 x 100m Medley Relay
27	Men	50m Backstroke	61	Men	50m Backstroke
28	Women	50m Backstroke	62	Women	50m Backstroke
29	Men	100m Freestyle	63	Men	100m Freestyle
30	Women	100m Freestyle	64	Women	100m Freestyle
31	Men	50m Breaststroke Knockout	65	Men	50m Breaststroke Knockout
32	Women	50m Breaststroke Knockout	66	Women	50m Breaststroke Knockout
33	Men	200m Freestyle	67	Men	200m Freestyle
34	Mixed	4 x 100m Medley Relay	68	Mixed	4 x 100m Medley Relay

Notes: 1. Mixed relays must have two males and two females. 2. Mystery Medley draw will take place each day. 3. 50m Knockout events will start with four swimmers with the slowest being knocked out after each leg.



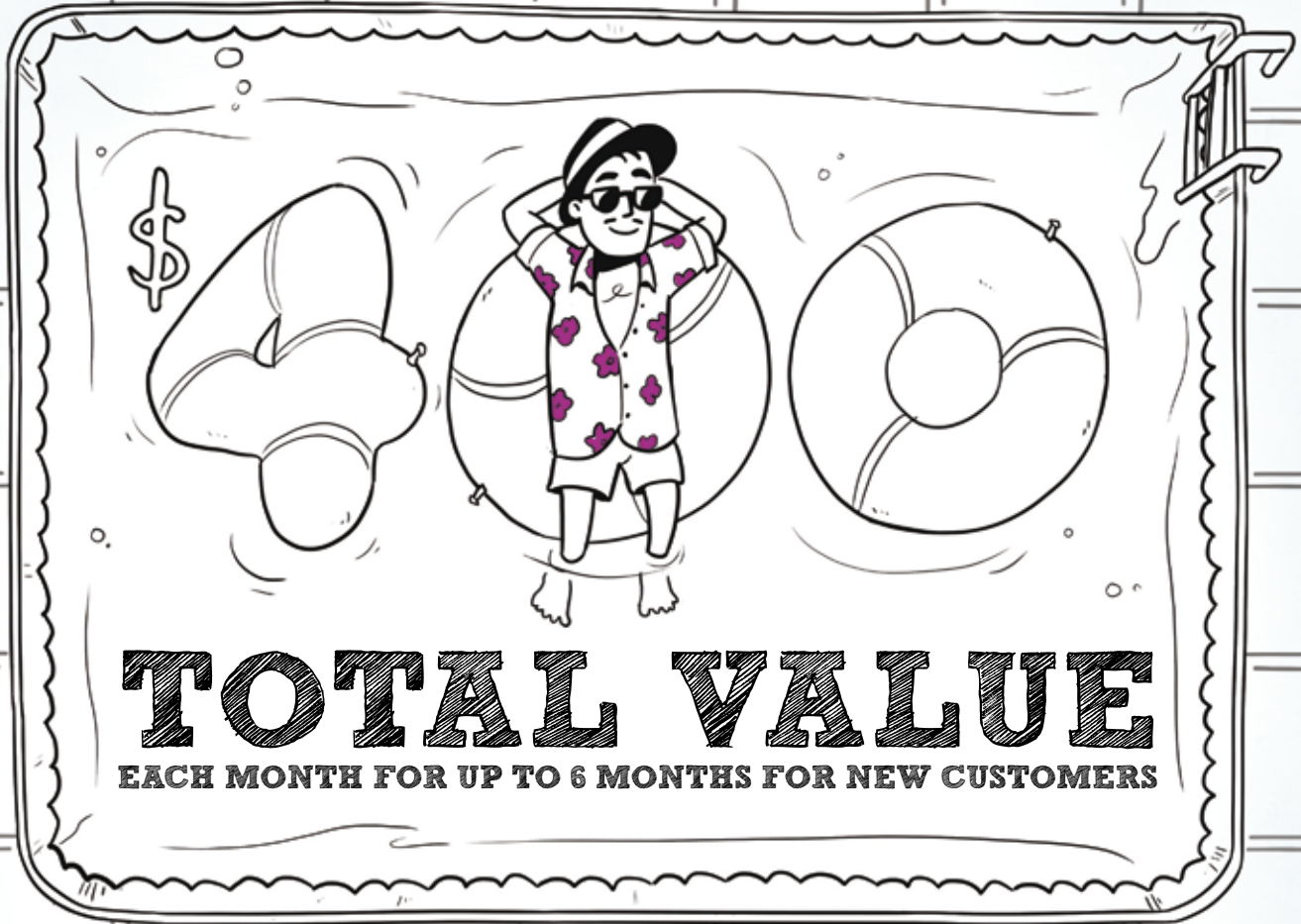
About the Summer Swim Series

- Swimming legends **Linley Frame, Susie O'Neill, Michael Klim** and **Matt Welsh** will each captain a team of Australia's best swimmers in this sprint-event.
- Every swim time is added to the team's cumulative time.
- At the end of the series, the team with the lowest cumulative time will be declared the Summer Swim Series champions.
- Each team has seven male and seven female swimmers, as well as two coaches.
- This team-based event concept is brand new, and this is the first time it has been run in Australia, if not the world.
- The racing is short, sharp and fast-paced with no distances over 200m.

The rules

- Swimmers must all wear traditional swimsuits in their team colour.
- Teams must have one entrant in every event.
- Swimmers can compete in a maximum of three individual swims per session, plus relays.
- The 200m medley will be a mystery medley, which means that the order of strokes will not be known until the day of competition.
- In the 50m knockouts, four swimmers go head-to-head over 50m. The swimmer that touches the wall last is eliminated. After a two-minute rest the remaining three swimmers sprint it out. Again, the swimmer who touches the wall last is eliminated setting up a two person final. After a final two-minute rest the remaining two swimmers sprint it out. The winner of the final is then rewarded with a one second deduction from their team's cumulative time.
- The mixed relay must have two males and two females to be swum male, female, male, female.
- Relay-only swimmers must swim in at least one relay per session.

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TEAM FRAME

Captained by World Champion **Linley Frame**



DOB 13 August 1977

RESIDES Melbourne

As a former olympic swimmer, a member of the Australian Institute of Sport Hall of Fame and an ambassador for The Fred Hollows Foundation, Linley Frame is a world champion in and out of the water.

CAREER HIGHLIGHTS

1991 Perth FINA World Swimming Championships

Gold - 100m breaststroke

Silver - 200m breaststroke, 4 x 100 medley relay

1991 Pan Pacific Championships, Edmonton, Canada

Gold - 100m breaststroke

Silver - 4 x 100 medley relay

1993 World Shortcourse Championships – Rio De Janerio, Brazil

Bronze - 100m breaststroke

TEAM KLIM

Captained by dual Olympic gold medallist **Michael Klim**



DOB 13 August 1977

RESIDES Melbourne

A multiple Olympic and World Champion, Michael Klim was part of the star-studded group that has taken Australia back to the top of world swimming in the 1990's and 2000's.

CAREER HIGHLIGHTS

2004 Athens Olympics

Silver - 4 x 200m free

2000 Sydney Olympics

Gold - 4 x 100m free, 4 x 200m free

Silver - 4 x 100m medley, 100m fly

1996 Atlanta

Bronze - 4 x 100m medley

2005 Montreal FINA World Championships

Bronze - 4 x 100m free relay

2001 Fukuoka FINA World Championships

Gold - 4 x 200m freestyle relay, 4 x 100m free

1998 Perth FINA World Championships

Gold - 100m fly, 200m free, 4 x 200m free, 4 x 100m medley, 100m free

Silver - 4 x 100m free

Bronze - 50m free

TEAM O'NEILL

Captained by dual Olympic gold medallist **Susie O'Neill**



DOB 2 August 1973

RESIDES Brisbane

Susie never came home without a medal from any international competition, a streak stretching from 1990 to 2000.

CAREER HIGHLIGHTS

2000 Sydney Olympics

Gold - 200m free

Silver - 200m fly, 4 x 100m medley, 4 x 200m free

1996 Atlanta Olympics

Gold - 200m fly

Silver - 4 x 100m medley

Bronze - 4 x 200m free

1992 Barcelona Olympics

Bronze - 200m fly

TEAM WELSH

Captained by five-time World Champion **Matt Welsh**



DOB 18 November 1976

RESIDES Melbourne

Backstroke and butterfly champion, Matt Welsh is a 21 time National Long Course and 25 time National Short Course Champion.

CAREER HIGHLIGHTS

2000 Sydney Olympics

Silver - 100m backstroke, 4 x 100m medley relay

Bronze - 200m backstroke

2005 Montreal FINA World Championships

Silver - 50m backstroke

2003 Barcelona FINA World Championships

Gold - 50m butterfly (WR)

Silver - 50m backstroke, 100m backstroke

2001 Fukuoka FINA World Championships

Gold - 100m backstroke, 4 x 100m medley relay

Bronze - 50m backstroke

1998 Perth FINA World Championships

Gold - 4 x 100m medley relay

2006 Melbourne Commonwealth Games

Gold - 4 x 100m medley relay

Silver - 100m backstroke, 50m butterfly

Captained by World Champion Linley Frame

Matthew Abood
Sophie Edington
Ellen Fullerton
Katie Goldman
Geoff Huegill
Bobby Jovanovich
Rebecca Kemp
Alice Mills
Kenrick Monk
Kylie Palmer
Kyle Richardson
Nicholas Schafer
Kenneth To
Libby Trickett
Ian Pope - Coach
Glenn Baker - Coach

TEAM FRAME

TEAM FRAME

Matthew ABOOD

AGE **24**



NICKNAME	Boody
D.O.B	28/6/1986
BORN	Sydney
LIVES	Sydney
PHYSICAL	197cm, 90kg
CLUB/INSTITUTE	Syd Uni/NSWIS
TRAINS (POOL)	ITAC, SOPAC
COACH	Grant Stoelwinder
MAIN EVENT	50m Freestyle

PERSONAL BEST TIMES – LONG COURSE (50m Pool)

50m freestyle – **21.74** – 2009 World Championships

100m freestyle – **48.35** – 2009 World Championships

PERSONAL BEST TIMES – SHORT COURSE (25m Pool)

50m freestyle – **20.89** – 2009 FINA World Cup – Berlin **AR**

100m freestyle – **45.46** – 2009 FINA World Cup – Singapore **CR**

OUT OF THE POOL

FAMILY MEMBERS	Mum – Jill, Dad – Tony, Brother – Andrew
STUDIES/OCCUPATION	Studying Architectural Technology
OTHER SPORTS PLAYED/PLAY	Soccer, High Jump
SUPERSTITIONS	Karma
ULTIMATE RELAXATION	Going to the beach or a good midday nap
SPECIALITY IN THE KITCHEN	Green Curry
ONE THING YOU CAN'T LIVE WITHOUT	My i Phone but I think if it came down to it I could probably live without it... maybe

FAVOURITES

SPORTING TEAM	Sydney FC, Parramatta Eels		
MOVIES	Lucky Number Slevin, Fast and Furious 4		
TV SHOW	Top Gear		
BANDS/MUSIC	Red Hot Chilli Peppers	CDs	Californication
FOOD	Spaghetti Bolognese	DRINK	Apple, banana and mango juice
SWIM MEET	New Caledonia		
HOBBIES	Marine Aquariums		
PETS	Lots of fish and Elsa my dog		
LAST BOOK READ	Breath, Tim Winton		
HOW WOULD YOU LIKE TO BE REMEMBERED?	Good friend, great swimmer		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Parents – hard workers		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Tall, easy going		
PERSONAL AMBITIONS	Gain a qualification for a career post swimming		
SWIMMING SHORT TERM GOALS?	To be competitive internationally		
SWIMMING LONG TERM GOALS?	Olympic Games		
WHAT'S YOUR GREATEST ASSET?	Keen to learn		
FAVOURITE SWIMMER AND WHY?	Chris Fydler – because he's from Kingscliff		
FAVOURITE ATHLETE AND WHY?	Usain Bolt, amazing talent		
NOTABLE QUOTE	"If you're going through hell, keep on going..."		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 1
2009 – 50m Freestyle

CAREER HIGHLIGHTS

Broke the Commonwealth record for the short course 100m freestyle at the FINA World Cup in Singapore – 45.46

Set a new Australian record in the 50m freestyle at the FINA World Cup in Berlin – 20.89

Swam personal best times in the 50 and 100m freestyle at the Rome World Championships – 21.74 and 48.35

Set an Australian record in the 100m freestyle at the 2009 Telstra Short Course Championships in Hobart

Won his first national title in the 50m freestyle at the 2009 Telstra Australian Championships in March, qualifying for the FINA World Championships.

Won the men's 4x100m relay at the Duel in the Pool against Japan in Canberra in May 2009

2010 – Represented Australia A on the tour to Canada

2009 - Won the 50m freestyle final in a then personal best time of 21.89 at the 2009 Telstra Australian Swimming Championships defeating training partner and then world record holder Eamon Sullivan

Competed at the Mare Nostrum Series and Paris Open with fellow NSWIS squad members making the final of 100m in Paris

Set a new personal best for the 100m freestyle short course at the Caledonia Swim Meet touching the wall in 48.24

2008 – Finished fifth in the 50m freestyle and 13th in the 100m freestyle at the Telstra Australian Swimming Championships

Made the final of the 50 and 100m freestyle at the short course FINA/ARENA World Cup in Sydney where he swam a then personal best time of 21.92 and 48.68

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Championships	Rome	2009	13 th 50m free, 17 th 100m free, 8 th 4x100m free relay
Duel in the Pool – Japan	Canberra, Australia	2009	4 th 50m free, 8 th 100m free, 1 st 4x100m relay, 2 nd in Mixed 4x100m relay

TEAM FRAME

Sophie EDINGTON

AGE 26

NICKNAME	Edo
D.O.B	12/12/84
BORN	Loxton, SA
LIVES	Melbourne
PHYSICAL	179cm, 63kg
CLUB/INSTITUTE	Melbourne Vic Centre
TRAINS (POOL)	MSAC
COACH	Ian Pope
MAIN EVENT	100m Backstroke

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m backstroke	- 27.51 – 2009 World Championships CR
100m backstroke	- 59.84 – 2008 Telstra Australian Championships
200m backstroke	- 2:10.57 - 2009 World Championships
50m freestyle	- 24.98 – 2008 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m backstroke	- 27.43 – 2009 Telstra Australian Short Course
100m backstroke	- 58.18 – 2009 Telstra Australian Short Course
200m backstroke	- 2:06.18 – 2008 World Cup Stockholm



OUT OF THE POOL

FAMILY MEMBERS	Dad- Bruce, Mum- Annabel, Sisters- Amy, Hannah, Brother- Edward
STUDIES/OCCUPATION	Masters of Business -(National College of Business) Fab Swimwear - (swimwear company)
SUPERSTITIONS	None
ULTIMATE RELAXATION	Holiday by the Beach
SPECIALITY IN THE KITCHEN	Lasagna
SPORTING TEAM	Melbourne Rebels
MOVIES	Zoolander,
TV SHOW	How I met your mother
BANDS/MUSIC	Metallica
FOOD	Chocolate
SWIM MEET	Melbourne Commonwealth Games
HOBBIES	Sky Diving, Gardening, fishing
PROUDEST SWIMMING MOMENT	Qualifying for the Olympic Games
MOST FAMOUS PERSON YOU HAVE MET	David Beckham
FAVOURITE SWIMMER AND WHY?	Dyana Calub. Because she took me under her wing when I first made the national team.
WHEN DID YOU FIRST START SWIMMING	As a young child. For water safety.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 2
2008,09 - 50m Backstroke

CAREER HIGHLIGHTS

Triple Commonwealth Games gold medallist in 2006 including the world record-breaking 4x100m medley team
Won gold in the 50m backstroke at the 2010 Pan Pacs and Commonwealth Games
Won gold swimming lead off backstroke leg in 4x100m medley relay at 2005 FINA World Championships in Montreal
Finished 13th in 100m back at 2008 Olympic Games
Gold in the world record-breaking 4x100m medley relay at the 2004 FINA World Short Course in Indianapolis, also claimed bronze medals in both 50m and 100m back
Broke Commonwealth record in the semifinal of the 50m backstroke at the World Championships in Rome

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	13 th 100m back
World Champs	Barcelona, Spain	2003	3 rd 4x100m free (heat swim); 18 th 50m back
	Montreal, Canada	2005	1 st 4x100m medley, 1 st 4x100m free (heat swim); 5 th 50m back; 8 th 100m back
	Rome, Italy	2009	6 th 50m back, 13 th 200m back
Comm Games	Melbourne, Australia	2006	1 st 50m, 100m back, 4x100m medley relay; 4 th 200m back
	Delhi, India	2010	1 st 50m back, 4 th 100m back
Pan Pacs	Irvine, California	2010	1 st 50m back, 6 th 100m back, 22 nd 200m back, 12 th 50m free,
World Short Course	Indianapolis, USA	2004	1 st 4x100m medley; 3 rd 50m, 100m back
	Shanghai, China	2006	1 st 4x100m medley (heat swim); 2 nd 4x100m free; 11 th 100m back; 14 th 200m back; 17 th 50m back
Oceania Champs	Noumea, New Caledonia	2002	1 st 4x100m free; 2 nd 100m back
Duel in the Pool	Irvine, USA	2005	2 nd 200m back; 4 th 100m back; 6 th 50m free
	Sydney, Australia	2007	6 th 100m back; 7 th 200m back
	Canberra, Australia	2009	5 th 4x100m relay, 6 th 100m back, 7 th 200m back

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			
World Championships	1		
Commonwealth Games	4		
Pan Pacs	1		
World Short Course	1	1	1

TEAM FRAME

Ellen FULLERTON

AGE **18**

NICKNAME	Ellie, Elle, Smiley
D.O.B	12/11/92
BORN	Buderim QLD
LIVES	Brisbane/ Gold Coast
HEIGHT / WEIGHT	169cm/58kg
CLUB/INSTITUTE	Chandler QAS
TRAINS (POOL)	Chandler
COACH	Stephan Widmer
MAIN EVENT	200 free, 400 IM

PERSONAL BEST TIMES – Long Course (50m Pool)	
200m freestyle	– 1:57.38 - 2009 World Championships
400m freestyle	– 4:08.31 - 2009 World Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
400m freestyle	– 4:02.76 - 2009 Telstra Australian Short Course
200m IM	– 2:09.17 - 2009 Telstra Australian Short Course
400m IM	– 4:28.72 – 2009 Telstra Australian Short Course AR



OUT OF THE POOL

FAMILY MEMBERS	Mother- Cheryl, Father- Ian, Sisters- Kate, Sarah, Laura, Brother- James
STUDIES/OCCUPATION	Graduated 2010 All Saints Anglican School
OTHER SPORTS PLAYED/PLAY	Surf Lifesaving
SUPERSTITIONS	None
ULTIMATE RELAXATION	Sleeping in a dark room with Air conditioning at 21 degrees.
SPECIALITY IN THE KITCHEN	Toblerone cheesecake
ONE THING YOU CAN'T LIVE WITHOUT	Phone

FAVOURITES

SPORTING TEAM	Australian Swim Team		
MOVIES	Notting Hill, The Ugly Truth		
TV SHOW	Gossip Girl		
BANDS/MUSIC	Katy Perry, David Guetta	HOLIDAY	Italy
FOOD	Anything from Allure Cafe	DRINK	Chocolate Thickshake
SWIM MEET	World Championships Rome 2009		
HOBBIES	Shopping		
PETS	Dog - Charlie		
INTERESTING FACT	I grew up on a pineapple farm		

NAME YOUR PAST COACHES	Brant Best, Barry Prime, Denis Cotterell
CAREER OBSTACLES	Shoulder injury
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My coaches and family – sacrificing so much for me to achieve my dreams.
PROUDEST SWIMMING MOMENT	The 4x200 free relay at the Rome World Championships
MOST FAMOUS PERSON YOU HAVE MET	Michael Phelps
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Chiropractic, Media
FAVOURITE SWIMMER AND WHY?	Emily Seebohm. Best Friend, known her since I was 6 yrs old, great athlete.
WHEN DID YOU FIRST START SWIMMING AND WHY?	1, for water safety
NOTABLE QUOTE	'Make every obstacle an opportunity.' – Lance Armstrong.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Set an Australian record to win the 400m IM at the 2009 Telstra Short Course in Hobart Won one gold, three silver and one bronze at the 2009 Junior Pan Pacs Claimed three silver and one bronze at the 2008 World Junior Championships Won four gold and two silver at the 2008 Telstra Australian short course Was fourth in 800m free relay and 9th in 400m free at FINA World Championships

2009 – Was fourth in 800m free relay and 9th in 400m free at FINA World Championships At the Junior Pan Pacs in Guam won gold in the 400m free, silver in the 200m free, 400m IM (16 years Australian age record), 4x200 relay and bronze in the 4x100free Won silver in the 400m freestyle at the Australian Championships Won six individual gold medals at the Australian Age Championships

2008 - At the World Junior Championships in Mexico claimed silver in the 200m and 400m IM, 4x100 medley relay and bronze in the 200m free Third in the 400m IM and 6th in the 200m IM at the Australian Championships/Olympic trials Won four gold and two silver at the Australian Short Course Championships in Melbourne, winning gold in the 100m IM, 200m IM (Aust rec) and 400m IM (Aust rec), 4x100 free and silver in the 200m and 400m free

2007 - Represented Australia at the Youth Olympic Festival, claimed silver in the 4x200 free, bronze in the 200m free, 200m and 400m IM Won gold in the 400m IM and 800m free, silver in the 100m fly, 400m free, 200m fly, 200m free and bronze in the 200m IM and 200m back at the Australian Age

2006 - Won a gold, 3 silver and a bronze at Australian Age

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Championships	Rome	2010	4 th 4x200m relay; 9 th 400m free, 14 th 200m free,
Junior Pan Pacific Champs	Guam	2009	1 st 400m free; 2 nd 200m free, 400m I.M, 4x200m free; 3 rd 4x100m free
World Junior Champs	Mexico	2008	2 nd 200m IM, 400m IM, 4x100m medley relay; 3 rd 200m free
Australian Youth Olympic Festival	Sydney, Australia	2007	2 nd 4x200 free; 3 rd 200m IM, 400m IM, 200m free
Duel in the Pool	Canberra, Australia	2009	6 th 200m free; 4 th 400m free, 200m IM, 4x100m relay; 2 nd 400m IM

TEAM FRAME

Katie GOLDMAN

AGE 18

NICKNAME	KT	PERSONAL BEST TIMES – Long Course (50m Pool)
D.O.B	05/07/1992	200m Free – 1:58.84 - 2010 Pan Pacs
BORN	Sydney	400m Free – 4:05.84 - 2010 Pan Pacs
LIVES	Gold Coast, QLD	800m Free – 8:22.83 - 2010 Telstra Australian Championships
PHYSICAL	170cm, 59kg	400m IM – 23.26 - 2009 QLD State titles
CLUB/INSTITUTE	Pro-Ma Miami	PERSONAL BEST TIMES – Short Course (25m Pool)
TRAINS (POOL)	Pro-Ma Miami	800m Free – 8:12.65 - 2010 Telstra Aus SC Championships
COACH	Dennis Cotterell	400m Free – 4:00.64 - 2010 Telstra Aus SC Championships
MAIN EVENT	400m 800m Free	400m IM – 4:37.26 - 2009 Telstra Aus SC Championships



OUT OF THE POOL

FAMILY MEMBERS	Mum (Janet) – Dad (Graham)
STUDIES/OCCUPATION	Bachelor of Psychology
OTHER SPORTS PLAYED/PLAY	Surf Life saving
SUPERSTITIONS	None
ULTIMATE RELAXATION	Sleeping
SPECIALITY IN THE KITCHEN	Muffins
ONE THING YOU CAN'T LIVE WITHOUT	My friends and family

FAVOURITES

SPORTING TEAM	Aus Swim Team		
MOVIES	Too many		
TV SHOW	Gossip Girl		
BANDS/MUSIC	I like a mix of everything	HOLIDAY	Canada
FOOD	Steak and salad	DRINK	Choc milkshake
SWIM MEET	2010 Pan Pacs - California		
HOBBIES	Going to the beach		
PETS	Dogs – Buddy		

INTERESTING PERSONAL FACT	My mums from Canada
CAREER OBSTACLES	A back injury in 2008
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Family
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Dedicated, positive, friendly
PROUDEST SWIMMING MOMENT	Winning 800m freestyle at 2010 Telstra Aus Camps
MOST FAMOUS PERSON YOU HAVE MET	Dennis Cotterell
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Pursue a career in interior design
FAVOURITE SWIMMER AND WHY?	Susie O'Neill
WHEN DID YOU FIRST START SWIMMING AND WHY?	Three, to learn to swim

NOTABLE QUOTE "Dream as if you will live forever, live as if you will die today."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 1
2010 - 800m freestyle

CAREER HIGHLIGHTS

Won silver in the 400m freestyle and 4x200m freestyle relay and bronze in the 800m freestyle at the 2010 Pan Pacs
Won gold and her maiden national open title in the 800m freestyle at the 2010 Telstra Australian Championships.

2010 – Won gold in the 800m freestyle and bronze in the 400m freestyle at the 2010 Telstra Australian Championships
Won silver in the 400m freestyle and 4x200m freestyle relay and bronze in the 800m freestyle at the 2010 Pan Pacs

2009 - Won gold in the 800m freestyle at the Santa Clara meet in California in 2009
Won four individual medals (two gold, two silver) and a further two relay gold medals at the Australian Youth Olympic Festival in Sydney

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Comm Games	Delhi, India	2010	4 th 800m free, 9 th 400m free,
Pan Pacs	Irvine, California	2010	2 nd 400m free, 4x200m free relay, 3 rd 800m free, 10 th 200m free
World Short Course	Dubai, UAE	2010	7 th 800m free, 16 th 400m free,
Australian Youth Olympic Festival	Sydney, Australia	2009	1 st 200m free, 400m free, 4x100m free, 4x200m free, 2 nd 200m IM, 400m IM
Santa Clara GP	Santa Clara, CA	2009	1 ST 800m freestyle

TEAM FRAME

Geoff HUEGILL

AGE **31**

NICKNAME	Skippy
D.O.B	4/03/1979
BORN	Gove, NT
LIVES	Sydney, NSW
PHYSICAL	188cm, 90kg
CLUB/INSTITUTE	SOPAC/NSWIS
TRAINS (POOL)	ITAC/SOPAC
COACH	Grant Stoelwinder
MAIN EVENT	50m, 100m Butterfly

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Butterfly	– 23.11 – 2009 AIS Meet
100m Butterfly	– 51.69 – 2010 Commonwealth Games
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Butterfly	– 22.50 – 2009 FINA World Cup - Singapore
100m Butterfly	– 50.47 – 2009 FINA World Cup - Singapore



OUT OF THE POOL

FAMILY MEMBERS	Fiancé Sara, Brother Graeme, Mum Jum and dog Coco
STUDIES/OCCUPATION	Athlete Entrepreneur - OPS Consulting Life coaching & Media Production/Development
OTHER SPORTS PLAYED/PLAY	League, Hockey, Surf Life Saving
ULTIMATE RELAXATION	Having an afternoon of work and spending time with my fiance
SPECIALITY IN THE KITCHEN	Anything, I love all types of food and I love entertaining for family and friends
ONE THING YOU CAN'T LIVE WITHOUT?	Family

FAVOURITES

SPORTING TEAM	Sth Sydney Rabbits, Broncos
SWIM MEET	Sydney Olympics, Mare Nostrum
TV SHOW	Top Gear, Seinfeld, Two and a Half Men
BANDS/MUSIC	House, Lounge, Chill out, Classical - depends what mood I'm in
HOW WOULD YOU LIKE TO BE REMEMBERED?	Humanitarian, Inspirational
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Business partner Keith - I really appreciate having a business mentor/friend that's helped me develop the skills needed for life after sport
SWIMMING CAREER ULTIMATE GOALS	To compete at another international meet for Australia
WHAT AGE DID YOU START SWIMMING AND WHY?	Learn to Swim - We grew up in Nth Qld and water was a big part of my childhood - Beach, back yard pool, creeks, dams - water safety was a big reason to get into swimming
HAVE ANY MEMBERS OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?	Brother - Surf boats and nephew plays for Sth Sydney Rabbits (Chris McQueen)
FAVOURITE SWIMMER AND WHY?	Therese Alshamar & Johan Wallberg - I believe that they have the right approach to swimming. They have the flexibility to travel and train with various squads, plus they both have the experience which can't be substituted
NOTABLE QUOTE?	"Be your best"

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 15
1997 -2004, 2010 50m Butterfly 1998, 2000-2004, 100m Butterfly

CAREER HIGHLIGHTS

Won gold in the 100m butterfly, 4x100m medley relay and silver in the 50m fly at the 2010 Commonwealth Games
Retired after the 2004 Olympics then made a comeback in late 2007 and lost more than 45kg on his way to the goal of selection on the team for the 2010 Commonwealth Games
Between 1997 and 2004 established himself as one of the world's finest sprint butterflyers
Won individual bronze and silver in the 4x100m medley relay at the Sydney 2000 Olympics
2001 World Champion in the 50m butterfly
Has won 15 Australian national titles
Former world champion and world record holder in the 50m butterfly long course and short course

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	2 nd 4x100m medley relay, 3 rd 100m fly
	Athens, Greece	2004	8 th 100m fly
World Champs	Perth, Australia	1998	3 rd 100m fly
	Fukuoka, Japan	2001	1 st 50m fly, 4x100m medley, 3 rd 100m fly
	Barcelona, Spain	2003	4 th 50m fly, 13 th 100m fly
Comm Games	Kuala Lumpur Malaysia	1998	1 st 100m fly, 4x100m medley relay
	Manchester, England	2002	1 st 50m, 100m fly, 4 x 100 medley relay
	Delhi, India	2010	1 st 100m fly, 4x100m medley relay, 2 nd 50m fly
Pan Pacific Champs	Sydney, Australia	1999	2 nd 100m fly
	Yokohama, Japan	2002	2 nd 100m fly, 4x100m medley relay
	Irvine, California	2010	3 rd 4x100m medley relay, 4 th 50m fly, 5 th 100m fly
World Short Course	Gottenburg, Sweden	1997	1 st 4x100m medley relay, 2 nd 100m fly
	Moscow, Russia	2002	1 st 50m fly, 100m fly, 2 nd 4x100m medley relay
	Dubai, UAE	2010	5 th 50m fly, 4x100m medley relay, 15 th 100m fly,
Goodwill Games	Brisbane, Australia	2001	1 st 50m fly, 4x100m medley relay, 2 nd 100m fly

TEAM FRAME

Bobby JOVANOVICH

AGE 21



NICKNAME	Bobby Jo
D.O.B	26/05/1989
BORN	Perth
LIVES	Perth
HEIGHT / WEIGHT	186cm/78kg
CLUB/INSTITUTE	Arena
TRAINS (POOL)	Challenge Stadium/Joondalup
COACH	Paul Bruce
MAIN EVENT	100 Backstroke

PERSONAL BEST TIMES – Long Course (50m Pool)	
50 Backstroke	- 26.12 - 2010 Telstra Australian Championships
100 Backstroke	- 54.32 - 2010 Telstra Australian Championships
200 Backstroke	- 1.59.56 - 2010 Telstra Australian Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
50 Backstroke	- 25.07 - Telstra Australian Short Course
100 Backstroke	- 53.87 - Telstra Australian Short Course
200 Backstroke	- 1.57.11 - Telstra Australian Short Course

OUT OF THE POOL

FAMILY MEMBERS	Dad – Brian, Mum – Meg, Brother - Harry		
STUDIES/OCCUPATION	Athlete		
OTHER SPORTS PLAYED/PLAY	AFL		
ULTIMATE RELAXATION	Watching a good movie in bed.		
SPECIALITY IN THE KITCHEN	Pizza		
ONE THING YOU CAN'T LIVE WITHOUT	Iphone		
FAVOURITES			
SPORTING TEAM	West Coast Eagles		
MOVIES	Any Given Sunday		
TV SHOW	Entourage		
BANDS/MUSIC	Katesy	HOLIDAY	Bali
FOOD	Pizza	DRINK	Coke
SWIM MEET	Jnr Pan Pacs Hawaii 2007		
HOBBIES	Surfing		
PETS	Dog – Poppy Cat – Panda Cat – Splat		
NAME YOUR PAST COACHES	Matt Brown, Grant Stoelwinder, Bernie Mulroy.		
CAREER OBSTACLES	Shoulder Injury, Sickness		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	When back at West Coast with all the older boys Eamon Sullivan, Adam Lucas and Jim Piper really influenced how to train like a professional.		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Fun, Easy, Happy		
PROUDEST SWIMMING MOMENT	Swimming the 4 th fastest all time 100 Backstroke.		
FAVOURITE SWIMMER AND WHY?	Eamon Sullivan because have been good mates for years and a good person to keep me on my your toes.		
WHEN DID YOU FIRST START SWIMMING AND WHY?	Back when I was 12, Started swimming because mum use to swim back in her days and thought it would be good to see if I enjoyed it and I guess I did.		
NOTABLE QUOTE	A champion is afraid of losing. Everyone else is afraid of winning.		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS
Was a dual silver medallist at the 2010 Oceania Championships in Samoa in the 50m and 100m backstroke.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS			
MEET	LOCATION	YEAR	RESULTS
Oceania Championships	Samoa	2010	2 nd 50m and 100m backstroke

TEAM FRAME

Rebecca KEMP

AGE 18



NICKNAME	Bec
D.O.B	07/04/1992
BORN	Mackay
LIVES	Mackay
HEIGHT / WEIGHT	170cm / 58kg
CLUB/INSTITUTE	Mky Swim Academy
TRAINS (POOL)	Pat Wright Swim Centre
COACH	Pat Wright

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Breaststroke	- 32.19 - 2010 Oceania Championships
100m Breaststroke	- 1:08.82 - 2010 Oceania Championships
200m Breaststroke	- 2:26.47 - 2010 Oceania Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
200m Breaststroke	- 2:22.45 – 2010 Telstra Short Course
100m Breaststroke	- 1:07.19 - 2010 Telstra Short Course

OUT OF THE POOL

FAMILY MEMBERS	Dad – Raymond, Mum – Ann Big Bro – Kodie, Little Sis - Brittany
STUDIES/OCCUPATION	Cert 3 & 4 in Fitness
OTHER SPORTS PLAYED/PLAY	Nil
SUPERSTITIONS	Nil
ULTIMATE RELAXATION	Hanging at the Beach
SPECIALITY IN THE KITCHEN	Chicken Parmigana
ONE THING YOU CAN'T LIVE WITHOUT	Family & Fun

FAVOURITES

SPORTING TEAM	Whitsunday Miners Soccer Team		
MOVIES	Avatar, Mall Cop, Letters to Juliet		
TV SHOW	Big Bang Theory		
BANDS/MUSIC	Any	HOLIDAY	Day Dream Island
FOOD	Crumbed Steak	DRINK	Mocktails
SWIM MEET	NQ Champs		
HOBBIES	Personal and Group Gym Instructor		
PETS	Fish		
INTERESTING PERSONAL FACT	I teach learn to swim at Pat Wright Swim School, work at SNAP Fitness, Study, Train in the pool and in the gym and Personal Train		

NAME YOUR PAST COACHES	Kerryn Allen
CAREER OBSTACLES	Living away from a major city
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Laura Pettifer (dec.) – Being a triathlete herself, she taught me never to back down and never take the easy way out of life and sporting challenges.
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Bubbly, Fun, Relaxed
PROUDEST SWIMMING MOMENT	Swimmer of the meet at Oceania Games 2010
MOST FAMOUS PERSON YOU HAVE MET	The Wiggles
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	Nil
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Personal Training
FAVOURITE SWIMMER AND WHY?	Geoff Huegill – once a Mackay boy & terrific swimmer & impressive comeback
WHEN DID YOU FIRST START SWIMMING AND WHY?	Learn to swim at 5, as we were always around beaches/water
NOTABLE QUOTE	Live your life to the fullest, never back down and don't be afraid to dream!

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won four gold medals at the 2010 Oceania Championships in Samoa, taking out the breaststroke treble and swimming in the 4x100m medley relay. Won the 200m breaststroke at the 2010 Junior Pan Pacs

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Oceania Championships	Samoa	2010	1 st 50m, 100m, 200m breaststroke, 4x100m medley relay
Junior Pan Pacs	Hawaii	2010	1 st 200m breaststroke, 3 rd 100m breaststroke

TEAM FRAME

Alice MILLS

AGE **24**

NICKNAME	AI
D.O.B	23/05/1986
BORN	Brisbane
LIVES	Canberra, ACT
PHYSICAL	175cm 63kg
CLUB/INSTITUTE	Chandler / AIS
TRAINS (POOL)	AIS
COACH	Tracey Menzies
MAIN EVENT	50m, 100m Free

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Freestyle	– 24.49 - 2005 Telstra Australian Championships
100m Freestyle	– 53.96 - 2005 Telstra Australian Championships
50m butterfly	– 26.64 - 2006 Commonwealth Games
100m butterfly	– 58.10 - 2006 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Freestyle	– 24.43 - 2008 World Short Course
100m Freestyle	– 53.20 - 2009 Telstra Grand Prix
50m butterfly	– 26.10 - 2005 Sydney World Cup



OUT OF THE POOL

FAMILY MEMBERS	Mum – Karen, Dad – Graham, Brothers – Lindsay, Ashley - Sister Kate, Sarah
STUDIES/OCCUPATION	Bachelor of Nursing at the University of Canberra
OTHER SPORTS PLAYED/PLAY	Athletics, netball
SUPERSTITIONS	Never walk over drains
ULTIMATE RELAXATION	Baking
SPECIALITY IN THE KITCHEN	ANZAC biscuits
ONE THING YOU CAN'T LIVE WITHOUT	Laughter

FAVOURITES

SPORTING TEAM	QLD State of Origin		
MOVIES	Shawshank Redemption		
TV SHOW	Friends		
BANDS/MUSIC	Pete Murray	HOLIDAY	Fingal Beach
FOOD	A good burger	DRINK	Lemon, lime and bitters
SWIM MEET	Olympic Games and the Mare Nostrum Series		
HOBBIES	Movies, Music, Reading, Beach		
PETS	Dog - Gordie		
INTERESTING PERSONAL FACT	I currently drive up to 1 hr each way to training! I hope petrol gets cheaper		

NAME YOUR PAST COACHES	Shannon Rollason, Tracey Menzies
CAREER OBSTACLES	Self Confidence, Lower back injury
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My family – their ongoing and unrelenting support is second to none.
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Loyal, Goofy and determined
PROUDEST SWIMMING MOMENT	Olympic Gold – Athens 2004 4x100m freestyle relay
MOST FAMOUS PERSON YOU HAVE MET	Hamish and Andy
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Finish my degree and become a pediatric nurse
FAVOURITE SWIMMER AND WHY?	Tarnee White – her self-determination and support of me. She is a friend for life.
NOTABLE QUOTE	"Just one word. Trust."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **2**
2005 50m Freestyle, 2005 100m Freestyle

CAREER HIGHLIGHTS

Won gold in the 4x100m freestyle relay and was a heat swimmer in the gold medal winning 4x100m medley relay team at the Athens Olympics. Won bronze in the 4x100m freestyle relay at the Beijing Olympics. Has won a total of five World Championship medals including individual silver in the 50m freestyle and 200m IM in Barcelona in 2003. Won four medals at the 2006 Commonwealth Games in Melbourne including gold in 4x100m freestyle relay

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games	1		1
World Championships	1	3	1
Commonwealth Games	2		3
Pan Pacs	1	1	
World Short Course		2	

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympics	Athens, Greece	2004	1 st 4x100m, free 4x100m IM (HEAT), 4 th 4x200m freestyle, 9 th 200m IM
	Beijing, China	2008	3 rd 4x100m freestyle
World Championships	Barcelona, Spain	2003	2 nd 50m freestyle, 200m IM, 4x200m freestyle, 3 rd 4x100m freestyle
	Montreal, Canada	2005	1 st 4x100m freestyle relay, 5 th 50m and 100m freestyle, 9 th 50m butterfly
Commonwealth Games	Manchester, England	2002	1 st 4x100m freestyle, 4 th 50m freestyle, 5 th 200m IM
	Melbourne, Australia	2006	1 st 4x100m freestyle, 3 rd 50m and 100m freestyle and 50m butterfly, 4 th 100m butterfly
	Delhi, India	2010	6 th 50m freestyle, 34 th 100m freestyle
Pan Pacs	Yokohoma, Japan	2002	1 st 4x100m freestyle, 2 nd 4x200m freestyle, 4 th 50m freestyle, 5 th 200m IM
	Irvine, California	2010	10 th 50m free, 17 th 100m free,
World Short Course	Manchester, England	2008	2 nd 4x100m freestyle and 4x100m medley, 5 th 50m freestyle and 100m freestyle

TEAM FRAME

Kenrick MONK

AGE 23

NICKNAME	Kenny	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	01/01/1988	100m Freestyle – 49.34 – 2007 Japan International
BORN	Blacktown, NSW	200m Freestyle – 1:45.46 – 2009 World Championships
LIVES	Brisbane, QLD	400m Freestyle – 3:54.58 – 2009 Telstra Australian Championships
PHYSICAL	197cm, 90kg	
CLUB/INSTITUTE	St Peters Western	PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
TRAINS (POOL)	St Peters Western	100m Freestyle – 47.04 – 2009 Telstra Australian Short Course
COACH	Michael Bohl	200m Freestyle – 1:43.27 – 2007 Telstra Australian Short Course
MAIN EVENT	200m Freestyle	



OUT OF THE POOL

FAMILY MEMBERS Mum – Margaret, Dad – John, Sisters Nicole and Jenna

STUDIES/OCCUPATION Student

OTHER SPORTS PLAYED/PLAY Just swimming

ULTIMATE RELAXATION Walk my dog to the beach

SPECIALITY IN THE KITCHEN Roast

HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS Big, nice, funny

FAVOURITES

SWIM MEET Commonwealth Games Trials 2006

SPORTING TEAM Parramatta Eels

BANDS/MUSIC Kid Cudi **TV** Family Guy

FOOD Chocolate **DRINK** Lemon, lime bitters

NAME YOUR PAST COACHES Tony Shaw, Chris Meyers, Brian Wilkinson, Alan Thompson

HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS Funny, caring, forgetful

PROUDEST SWIMMING MOMENT Making the 2008 Olympic team

MOST FAMOUS PERSON YOU HAVE MET Roger Federer

HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO? No

WHAT WOULD YOU LIKE TO DO POST SWIMMING Fireman

FAVOURITE SWIMMER AND WHY? Alexander Popov- had great swimming technique and was a good role model

WHEN DID YOU FIRST START SWIMMING AND WHY? 4 years of age

NOTABLE QUOTE Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 2007 – 200m Freestyle **1**

CAREER HIGHLIGHTS

Finished fifth in the 200m final at the 2009 World Championships
Led off the Australian team for bronze in the 4x200m free relay in Rome
Made his Olympic debut in the 200m freestyle in Beijing in 2008
Won gold in 4x100m medley (heat swimmer), silver in 4x200m free and was fourth in 200m free at 2007 FINA World Championships

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			
World Championships		1	1
Commonwealth Games	1	1	1
Pan Pacs			3
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	22 nd 200m free
World Champs	Melbourne, Australia	2007	1 st 4x100m medley (heat swim); 2 nd 4x200m free; 4 th 200m free; 5 th 4x100m free
	Rome, Italy	2009	3 rd 4x200m free, 5 th 200m free,
Comm Games	Melbourne, Australia	2006	1 st 4x100m medley (heat swim); 3 rd 4x200m free; 7 th 100m free; 9 th 200m free
	Delhi, India	2010	1 st 4x200m free, 2 nd 200m free, DNS 400m free
World Short Course	Manchester, England	2008	1 st 200m, 4x200m free; 4 th 4x100m medley; 5 th 4x100m free; 9 th 100m free; 26 th 50m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 rd 4x100m, 4x200m free; 6 th 200m free
	Irvine, California	2010	3 rd 4x200m free relay, 5 th 200m free, 16 th 100m free, 28 th 50m free
Duel in the Pool	Sydney, Australia	2007	1 st 4x100m mixed free; 2 nd 200m free
	Canberra, Australia	2009	3 rd 4x100m relay
Junior Pan Pacs	Maui, USA	2005	1 st 4x100m free; 2 nd 4x200m free; 3 rd 100m, 200m free; 5 th 400m free
Japan Swim Meet	Chiba, Japan	2007	1 st 200m, 4x100m, 4x200m free

TEAM FRAME

Kylie PALMER

AGE **20**

NICKNAME	KP
D.O.B	25/02/1990
BORN	Brisbane
LIVES	Murrumba, QLD
PHYSICAL	171cm, 75kg
CLUB/INSTITUTE	Commercial/QAS
TRAINS (POOL)	Chandler
COACH	Stephan Widmer
MAIN EVENT	200m 400m Free

PERSONAL BEST TIMES – Long Course (50m Pool)	
200m Freestyle	– 1:57.50 – 2010 Pan Pacs/Comm Games
400m Freestyle	– 4:05.98 – 2008 Santa Clara International
800m freestyle	– 8:22.81 – 2008 Beijing Olympics AR
PERSONAL BEST TIMES – Short Course (25m Pool)	
200m Freestyle	– 1:54.41 – 2008 World Short Course
400m Freestyle	– 3:59.23 – 2008 World Short Course



OUT OF THE POOL

FAMILY MEMBERS	Mum (Lyn) – Dad (Wes) - Brother (Luke)
STUDIES/OCCUPATION	Athlete
OTHER SPORTS PLAYED/PLAY	Curling
SUPERSTITIONS	None
ULTIMATE RELAXATION	Watching TV
SPECIALITY IN THE KITCHEN	Cup cakes and tacos

FAVOURITES

SPORTING TEAM	AFL: Carlton,		
MOVIES	The Social Network		
TV SHOW	Gossip Girl		
BANDS/MUSIC	Everything really	HOLIDAY	Byron Bay
FOOD	Indian	DRINK	Creaming soda
SWIM MEET	2008 World Short Course Champs, Manchester		
HOBBIES	Ping Pong		
PETS	Dogs –Yoshi and Bonnie		
INTERESTING PERSONAL FACT	Nothing I can think of...		

NAME YOUR PAST COACHES	Vince Raleigh, Ian Pope
CAREER OBSTACLES	Yes, I had a shoulder reconstruction in 2008
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Mum she taught me so much about life
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Determined, cheerful, fun
PROUDEST SWIMMING MOMENT	Leading off the 4x200m Relay at Beijing Olympic Games
MOST FAMOUS PERSON YOU HAVE MET	Kobe Bryant
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Finance Industry, Stockbroking, Open my own Cafe
FAVOURITE SWIMMER AND WHY?	Alex Popov – Greatest technician ever

WHEN DID YOU FIRST START	At the age of 10 because I could beat my older brother.
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IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES:	1
2008 – 800m Freestyle	

CAREER HIGHLIGHTS

Won a gold medal in the 4x200m freestyle at the Beijing Olympics
 Won gold in the 200m free, and 4x200m freestyle relay, as well as silver in the 400m free at the 2010 Commonwealth Games
 Won two gold and silver at the 2008 World Short Course Championships in Manchester

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games	1		
World Championships			
Commonwealth Games	2	1	
Pan Pacs			
World Short Course	2	3	1

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing	2008	1 st 4x200m freestyle, 6 th 800m freestyle
World Championships	Melbourne	2007	8 th 800m freestyle
Commonwealth Games	Melbourne	2006	5 th 400m freestyle
	Delhi, India	2010	1 st 200m free, 1 st 4x200m free, 2 nd 400m free
World Short Course	Manchester	2008	1 st 200m and 400m freestyle, 2 nd 800m freestyle
	Dubai, UAE	2010	2 nd 400m free, 4x200m free relay, 3 rd 200m free,
Pan Pacs	Victoria, BC, Canada	2006	9 th 400m freestyle, 16 th 800m freestyle
	Irvine, California	2010	2 nd 4x200m free relay, 4 th 200m free, 10 th 400m free, 13 th 800m free

TEAM FRAME

Kyle RICHARDSON

AGE **23**

NICKNAME	Skeet
D.O.B	13/05/1987
BORN	Brisbane, QLD
LIVES	Brisbane, QLD
PHYSICAL	178cm. 67kg
CLUB/INSTITUTE	Chandler/QAS
TRAINS (POOL)	Chandler
COACH	Stephan Widmer
MAIN EVENT	50, 100m Freestyle

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Freestyle	– 22.21 – 2009 World Championships
100m Freestyle	– 48.81 – 2010 Pan Pacs
200m Freestyle	– 1:49.72 – 2008 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Freestyle	– 21.21 – 2009 Telstra Australian Short Course
100m Freestyle	– 46.98 – 2009 Telstra Australian Short Course
200m Freestyle	– 1:44.13 – 2009 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Mum – Perri, Dad – Matthew, siblings Brent, Callum and Taryn
STUDIES/OCCUPATION	Sports Science at QUT
OTHER SPORTS PLAYED/PLAY	Water polo, soccer
ONE THING THAT PEOPLE DON'T KNOW ABOUT YOU	I play the drums for Brisbane band The Herd of Turtles
ULTIMATE RELAXATION	Sitting with a beer on the beach in the late afternoon
SPECIALITY IN THE KITCHEN	McDonalds
ONE THING YOU CAN'T LIVE WITHOUT	My Mobile

FAVOURITE

SPORTING TEAM	Brisbane Broncos		
MOVIES	Wedding Crashers, The Matrix, Jurassic Park		
TV SHOW	Family Guy, 2½ Men		
BANDS/MUSIC	Muse, Wolfmother, Metallica, Led Zeppelin	CDs	ACDC – Live at Donington
FOOD	Sushi	DRINK	Coke
SWIM MEET	Australian Short Course		
HOBBIES	Drums and guitar		
PETS	Parrot - Igor		

HAVE ANY OF YOUR FAMILY REPRESENTED AUSTRALIA/ PLAYED SPORT AT A NATIONAL LEVEL?	Lyle Smith (swimming)
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My mum, she raised me from a little tacker
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Entertaining, outgoing, Queenslander
HOW WOULD YOU LIKE TO BE REMEMBERED?	As an Olympic gold medallist
WHAT AGE DID YOU START SWIMMING AND WHY?	In grade one, because I enjoyed it
FAVOURITE SWIMMER AND WHY?	Kosuke Kitajima, consistent performances under pressure and an outstanding Olympics
FAVOURITE ATHLETE AND WHY?	Ronaldinho, he's the man!
NOTABLE QUOTE	Shoot for the moon, even if you miss you'll end up with the stars.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won gold in the 4x100m freestyle relay at the 2010 Delhi Commonwealth Games
 Won silver in the 4x100m freestyle relay at the Pan Pacs and was sixth in the final of the 100m freestyle
 Made his first senior Australian team for the FINA World Championships and finished 21st in the 50m free
 Finished sixth in the 100m freestyle final at the 2009 National Championships
 Won the 50m free at the 2010 Australian Short Course Championships
 Won 200m free at 2008 Australian Short Course Championships

2010 – Won gold in the 4x100m freestyle relay at the Delhi Commonwealth Games

Won silver in the 4x100m freestyle relay at the Pan Pacs and was sixth in the final of the 100m freestyle

2009 – Qualified for his first senior Australian team and finished 21st in the 50m free at the World Championships
 Finished sixth in the 100m freestyle final at the 2009 National Championships
 Sixth in 50 and 100m free at Duel in the Pool
 Swam in three B finals during the Mare Nostrum series in June

2008 – Was sixth in 50m free at Australian Championships / Olympic Trials
 Won 200m free, was third in 100m free and fourth in 50m free at Telstra Australian Short Course Championships

2007 - Was fourth in 50m free and seventh in 100m free at Telstra Australian Short Course Championships

2006 – Eighth in 100m free at Australian Championships (2007 World Championships Trials)

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS			
MEET	LOCATION	YEAR	RESULTS
World Champs	Rome, Italy	2009	21 st 50m free
Comm Games	Delhi, India	2010	1 st 4x100m free relay, 5 th 100m free,
Pan Pacs	Irvine, California	2010	2 nd 4x100m freestyle relay, 6 th 100m freestyle
World Short Course	Dubai, UAE	2010	5 th 4x100m free, 4x200m free, 9 th 50m free, 15 th 100m free, 200m free
Duel in the Pool	Canberra, Australia	2009	3 rd 4x100m free relay, 6 th 50m free, 6 th 100m free, 13 th 50m free, 20 th 200m free
World University Games	Bangkok, Thailand	2007	4 th 4x100m freestyle relay, 8 th 100m free, 18 th 4x100m medley relay 48 th 50m fly,

TEAM FRAME

Nicholas SCHAFFER

AGE 18

NICKNAME	Nick
D.O.B	07/02/1992
BORN	Brisbane
LIVES	Brisbane
HEIGHT / WEIGHT	186cm, 78kg
CLUB/INSTITUTE	River City / QAS
TRAINS (POOL)	Somerville
COACH	Dion Walmsley
MAIN EVENT	100m 200m breast

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Breaststroke	– 28.59 – 2010 Youth Olympics, Singapore
100m Breaststroke	– 1:01.38 – 2010 Youth Olympics, Singapore
200m Breaststroke	– 2:13.72 – 2010 Youth Olympics, Singapore
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m Breaststroke	– 28.55 – 2010 Australian Short Course Champs
100m Breaststroke	– 1:00.33 – 2010 Australian Short Course Champs
200m Breaststroke	– 2:11.09 – 2010 Australian Short Course Champs



OUT OF THE POOL

FAMILY MEMBERS Dad – Bill, Mum – Karen, Sister - Alex

STUDIES/OCCUPATION	University
OTHER SPORTS PLAYED/PLAY	Surf Lifesavings
SUPERSTITIONS	None
ULTIMATE RELAXATION	Beach
SPECIALITY IN THE KITCHEN	Pancakes
ONE THING YOU CAN'T LIVE WITHOUT	iPhone

FAVOURITES

SPORTING TEAM	Melbourne Storm		
MOVIES	Transformers		
TV SHOW	Naruto		
BANDS/MUSIC	Dance	HOLIDAY	Beach
FOOD	Lollies	DRINK	Thick shake
SWIM MEET	2010 Youth Olympics		
HOBBIES	Manga, Anime, Lego		
PETS	None		
INTERESTING PERSONAL FACT	Large Lego collection since childhood. Naruto book series		

NAME YOUR PAST COACHES	Paul Simms
CAREER OBSTACLES	Sickness
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Dad – leads by example
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Focused, respectful, compassionate
PROUDEST SWIMMING MOMENT	First youth Olympics
MOST FAMOUS PERSON YOU HAVE MET	Australian Swim Team members
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Business and animation
FAVOURITE SWIMMER AND WHY?	Ian Thorpe – great role model
WHEN DID YOU FIRST START SWIMMING AND WHY?	13 years – suggested by coach
NOTABLE QUOTE	'They never said it would be easy, they just said it would be worth it.'

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won gold, silver and bronze at the 2010 Youth Olympics in Singapore. Was a gold medal winner in the 100m breaststroke and as part of the 4x100m medley relay team at the Junior Pan Pacs in Hawaii in 2010.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Youth Olympic Games	Singapore	2010	1 st 100m breaststroke, 2 nd 50m breaststroke, 3 rd 200m breaststroke
Junior Pan Pacs	Hawaii, USA	2010	1 st 100m breaststroke, 4x100m medley relay; 3 rd 200m breaststroke

TEAM FRAME

Kenneth TO

AGE **18**

NICKNAME	Kenny
D.O.B	7/07/1992
BORN	Hong Kong
LIVES	Sydney
HEIGHT/WEIGHT	170cm, 68kg
CLUB/INSTITUTE	Trinity Grammar
TRAINS (POOL)	Trinity Grammar
COACH	Matt Brown
MAIN EVENT	200m IM/100 Free

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m freestyle	– 22.49 – 2010 Junior Pan Pacs
100m freestyle	– 49.97 – 2010 Youth Olympics, Singapore
200m IM	– 2:01.96 – 2010 Australian Age Championships
100m butterfly	– 53.93 – 2010 Junior Pan Pacs, Hawaii
PERSONAL BEST TIMES – Short Course (25m Pool)	
100m freestyle	– 52.10 – 2010 World Short Course
200m IM	– 1:54.88 – 2010 World Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad – Sunny, Mum – Day, Sisters Deborah/Alice		
STUDIES/OCCUPATION	Physio at Sydney Uni		
OTHER SPORTS PLAYED/PLAY	Tennis		
SUPERSTITIONS	None		
SPECIALITY IN THE KITCHEN	Asian		
ONE THING YOU CAN'T LIVE WITHOUT	Technology		
FAVOURITES			
SPORTING TEAM	Dragons, NRL		
MOVIES	Anything good		
TV SHOW	Entourage, How I met your mother		
BANDS/MUSIC	R+B Hip Hop	HOLIDAY	Hong Kong
FOOD	Any dessert	DRINK	Hot chocolate
SWIM MEET	World Short Course Championships - Dubai		
HOBBIES	Movies, Play PS3		
PETS	None		
INTERESTING PERSONAL FACT	My parents migrated to Australia from Hong Kong when I was two		
CAREER OBSTACLES	School and Uni load		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Parents, they brought me up		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Small but fast		
PROUDEST SWIMMING MOMENT	Winning the 100m IM at the Australian Short Course Championships		
MOST FAMOUS PERSON YOU HAVE MET	Libby Trickett and Grant Hackett		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Start up a physio clinic		
FAVOURITE SWIMMER AND WHY?	Ryan Lochte, he is awesome		
WHEN DID YOU FIRST START SWIMMING AND WHY?	Can't remember, but it was learn to swim		
NOTABLE QUOTE?	"If you only train hard on the days you feel good, you're never going to get anywhere."		

IN THE POOL

CAREER HIGHLIGHTS

Finished 5th and 6th in the finals of the 100 and 200m IM at the World Short Course Championships in Dubai
 Won three gold medals at the 2010 Junior Pan Pacs in Hawaii including a personal best time in the 50m freestyle.
 Won silver and bronze at the 2010 Youth Olympics in Singapore
 Won his first open national title in the 100m freestyle at the Australian Short Course Championships in Brisbane
 Won one gold, three silver and one bronze medal at the 2010 Australian Age Championships.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Short Course	Dubai, UAE	2010	5 th 100m IM, 6 th 200m IM,
Youth Olympic Games	Singapore	2010	2 nd 200m IM, 3 rd 50m free,
Junior Pan Pacs	Maui, Hawaii	2010	1 st 50m free, 100m free, 4x100m freestyle relay

TEAM FRAME

Libby TRICKETT

AGE 26



NICKNAME	Libb
D.O.B	28/01/1985
BORN	Townsville, QLD
LIVES	Sydney, NSW
HEIGHT / WEIGHT	167cm/68kg
CLUB/INSTITUTE	SOPAC/NSWIS
TRAINS (POOL)	ITAC/Homebush
COACH	Grant Stoelwinder
MAIN EVENT	100m free, fly 50m free

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m freestyle	– 23.97 2009 Telstra Australian Championships
100m freestyle	– 52.62 2009 World Championships
50m butterfly	– 26.30 2007 Telstra Australian Championships
100m butterfly	– 56.73 2008 Olympic Games
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m freestyle	– 23.77 2007 Telstra Short Course
100m freestyle	– 51.01 2009 Telstra Short Course WR
100m butterfly	– 55.74 2008 Telstra Grand Prix

OUT OF THE POOL

FAMILY MEMBERS	Mum - Marilyn, Sisters - Justine and Victoria, Brother - Stewart
STUDIES/OCCUPATION	Bachelor of Communication
OTHER SPORTS PLAYED/PLAY	Gymnastics, athletics, tennis, dancing, rowing. Still play touch football.
SUPERSTITIONS	I like to have a new cap and two new pairs of goggles for each new major competition.
ULTIMATE RELAXATION	Beach + book = relaxation
SPECIALITY IN THE KITCHEN	Pea and Prosciutto Spaghetti and pudding.
ONE THING YOU CAN'T LIVE WITHOUT	Those I love.

FAVOURITES

SPORTING TEAM	Brisbane Broncos
MOVIES	Anchorman, Remember the Titans, Avatar
TV SHOW	Friends, Seinfeld
BANDS/MUSIC	I have an eclectic style in music. Generally like songs and not just bands.
FOOD	Pasta/pizza, chocolate
SWIM MEET	2007 World Championships
HOBBIES	Reading, watching television
PETS	3 dogs - Buddy - pug, Harry - Lhasa Apso, Wilson - pug x lhasa apso

INTERESTING PERSONAL FACT I have 6 tattoos and my shoe size is 7.

NAME YOUR PAST COACHES	Stephan Widmer, John Carew/Glenda Radley, Luke and Sue Senet
CAREER OBSTACLES	Myself

WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY? My husband Luke. He's supported and encouraged me the whole way along my career and showed me what hard training was all about.

HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS Silly, tough, simple.

PROUDEST SWIMMING MOMENT Breaking 53 seconds for the first time in 2007 and winning Olympic Gold in the 100m butterfly.

MOST FAMOUS PERSON YOU HAVE MET Prince William

HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO? No

WHAT WOULD YOU LIKE TO DO POST SWIMMING What I did last year and work in swimming commentary. Start a family.

FAVOURITE SWIMMER AND WHY? Alice Mills and Christian Sprenger. So much fun to be around.

WHEN DID YOU FIRST START SWIMMING AND WHY? I was 1 and because I had to learn to swim.

NOTABLE QUOTE 'They never said it would be easy, they just said it would be worth it.'

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 14
6 – 50m freestyle (03, 04, 06, 07, 08, 09); 4 – 100m freestyle (06, 07, 08, 09); 1 – 50m butterfly (07); 3 – 100m butterfly (05, 08, 09)

CAREER HIGHLIGHTS

Won six Olympics medals, including three gold from two Olympics – Athens and Beijing
World record holder for the 100m freestyle over the short course – setting a new world mark of 51.01 at the Telstra Australian Short Course in Hobart in 2010.
In 2007 married Luke Trickett a former national medalist in the 200m breaststroke and clubmate from Commercial Queensland
Won five gold and two silver medals at the 2006 Commonwealth Games
Has eight gold, three silver and four bronze medals from four FINA world Championships
Won the Telstra Swimmer of the Year award in 2007
Made her senior Australian debut in 2002 at the Oceania Championships

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games	3	1	2
World Championships	8	2	2
Commonwealth Games	5	2	
Pan Pacs			
World Short Course	7	3	2

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	1 st 4x100m free; 3 rd 50m free; 9 th 100m free
	Beijing, China	2008	1 st 100m fly, 4x100m medley; 2 nd 100m free; 3 rd 4x100m free; 4 th 50m free
World Champs	Barcelona, Spain	2003	3 rd 50m free, 4x100m free; 14 th 50m fly; 19 th 100m fly
	Montreal, Canada	2005	1 st 50m, 4x100m free, 4x100m medley; 2 nd 100m fly, 4x200m free
	Melbourne, Australia	2007	1 st 50m, 100m, 4x100m free, 100m fly, 4x100m medley
Commonwealth Games	Melbourne, Australia	2006	1 st 50m, 100m, 4x100m, 4x200m free, 4x100m medley; 2 nd 100m fly, 200m free
World Short Course	Indianapolis, USA	2004	1 st 100m free, 4x100m medley; 2 nd 50m free, 4x200m free; 3 rd 50m fly, 4x100m free
	Shanghai, China	2006	1 st 50, 100, 4x200m free, 100m fly, 4x100m medley; 2 nd 4x100m free
Duel in the Pool	Indianapolis, USA	2003	1 st 100m free, 4x100m medley; 2 nd 4x100m free
	Irvine, USA	2005	1 st 100m, 200m, 4x100m free; 2 nd 100m fly
	Sydney, Australia	2007	1 st 50m, 100m, 4x100m, mixed 4x100m free
	Canberra, Australia	2009	1 st 50m, 100m free, 4x 100m relay, 4x100m medley relay, 4x100m mixed free
Oceania Champs	Noumea, New Caledonia	2002	1 st 50m fly, 4x100m free; 2 nd 50m free; 3 rd 50m back, 100m free, 100m fly
Japan International Swim Meet	Chiba, Japan	2007	1 st 100m, 4x100m free, 100m fly, 4x100m medley; 2 nd 50m free

Captained by dual Olympic gold medallist **Michael Klim**

Leith Brodie
Braiden Camm
Brittany Elmslie
Blair Evans
Sally Foster
Madeline Groves
Whitney Ireland
Grant Irvine
Patrick Murphy
Mitchell Patterson
Leiston Pickett
Brenton Rickard
Emily Seebohm
Eamon Sullivan
Matt Brown - Coach
Grant Stoelwinder - Coach

TEAM KLIM

TEAM KLIM

Leith BRODIE

AGE **24**

NICKNAME	Brodes
D.O.B	16/07/1986
BORN	Kempsey, NSW
LIVES	Brisbane, QLD
PHYSICAL	189cm, 84kg
CLUB/INSTITUTE	St Peters QAS
TRAINS (POOL)	St Peters
COACH	Michael Bohl
MAIN EVENT	200m IM

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
200m IM	– 1:56.69 – 2009 World Championships CR
400m IM	– 4:15.52 – 2009 World Championships
100m Freestyle	– 49.19 – 2008 Telstra Australian Championships
200m Freestyle	– 1:47.47 – 2008 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
200m IM	– 1:52.86 – 2009 Telstra Short Course Championships AR
400m IM	– 4:08.49 – 2006 Telstra Short Course Championships



OUT OF THE POOL

FAMILY MEMBERS	Mother- Robyn, Father- Andrew, Siblings - Sam and Stephanie
STUDIES/OCCUPATION	Athlete
INTERESTING FACTS ABOUT YOU	I'm half New Zealander
SUPERSTITIONS	If I think of doing something I have to do it because otherwise something bad will happen
ULTIMATE RELAXATION	Sleeping and watching TV
SPECIALITY IN THE KITCHEN	Frozen food
ONE THING YOU CAN'T LIVE WITHOUT	Food and Internet

FAVOURITES

SPORTING TEAM	All Blacks and Manly Sea Eagles
MOVIES	Anchorman, Old School
TV SHOW	South Park, Wild Boyz, Simpsons
BANDS/MUSIC	Electronica
Drink	Ice Break
SWIM MEET	Anyone that I'm tapered for
HOBBIES	Surfing
PETS	Dog

HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA?	My brother Sam was in the Youth Olympics in 2003
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My mother because she cooks me dinner
WHAT AGE DID YOU START SWIMMING AND WHY	Age 8 so that I didn't drown
SWIMMING LONG TERM GOALS?	Medal in the Olympics
FAVOURITE SWIMMER AND WHY?	Ryan Lochte, he's an easy going guy
FAVOURITE ATHLETE AND WHY?	Doug Howlett

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 5
2006,07,08,09,10 – 200m IM

CAREER HIGHLIGHTS

Has won the national 200m IM title five years in a row. Finished fifth in the final of the 200m IM at the 2009 World Championships in a Commonwealth record time – 1:56.69 Set a then Commonwealth record in the 200m IM at the Telstra Australian Short Course Championships in Hobart Won bronze as a heat swimmer in 4x100m free and 4x200m free, and was 14th in 200m IM at 2008 Olympic Games

2010 – Won bronze in the 200m IM at the Delhi Commonwealth Games Won bronze in the 4x200m free relay at the 2010 Pan Pacs

2009 – Finished fifth in the final of the 200m IM at the 2009 World Championships in a Commonwealth record time. Won the 200m IM at the Australian Championships in 1:59.73.

2008 - Won bronze as heat swimmer in 4x100m free and 4x200m free, was 14th in 200m IM at Olympic Games in Beijing Won 200m IM and was fourth in 200m free at Australian Championships Placed fourth in 100m and 200m IM, was fifth in 4x100m free and twelfth in 400m IM at FINA World Short Course Championships in Manchester

2007 - Won 200m IM, was third in 400m IM, fourth in 100m fly and seventh in the 200m free at the Australian Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	3 rd 4x100m (heat), 4x200m (heat) free; 14 th 200m IM
World Champs	Montreal, Canada	2005	3 rd 4x100m free; 10 th 200m IM
	Melbourne, Australia	2007	10 th 200m IM
	Rome, Italy	2009	5 th 200m IM, 14 th 400m IM
Comm Games	Melbourne, Australia	2006	4 th 200m IM
	Delhi, India	2010	3 rd 200m IM
World Short Course	Indianapolis, USA	2004	8 th 200m IM; 10 th 100m IM
	Shanghai, China	2006	4 th 200m IM; 7 th 400m IM, 4x100m free (heat swim); 10 th 100m IM
	Manchester, England	2008	4 th 100m, 200m IM; 5 th 4x100m free; 12 th 400m IM
Pan Pacific Champs	Victoria, BC, Canada	2006	3 rd 4x100m, 4x200m free; 4 th 200m IM; 6 th 400m IM; 8 th 200m free
	Irvine, California	2010	6 th 200m IM, 3 rd 4x200m free, 17 th 200m freestyle
Duel in the Pool	Irvine, USA	2005	4 th 200m IM; 5 th 100m fly; 6 th 50m free
	Sydney, Australia	2007	2 nd 4x100m medley; 3 rd 200m IM; 6 th 100m fly
	Canberra, Australia	2009	5 th 200IM, 4 th 400IM
Oceania Champs	Suva, Fiji	2004	1 st 100m, 4x50m, 4x100m free; 3 rd 200m back, 200m IM; 4 th 50m back; 6 th 50m free

TEAM KLIM

Braiden CAMM

AGE **20**

NICKNAME	Bamm
D.O.B	13/09/1990
BORN	Brisbane
LIVES	Brisbane
HEIGHT / WEIGHT	186/74
CLUB/INSTITUTE	Redlands
TRAINS (POOL)	Cleveland Aquatic
COACH	Nick Pedrazzini
MAIN EVENT	200m Backstroke

PERSONAL BEST TIMES – Long Course (50m Pool)	
200m Backstroke	– 1:59.28 - 2010 Oceania Championships
100m Backstroke	– 53.00 – 2009 Brisbane long course swim meet
50m Backstroke	– 26.47 – 2010 Oceania Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
200m Backstroke	– 1:53.97 - 2010 Telstra Short Course
100m Backstroke	– 52.95 - 2010 Telstra Short Course
50m Backstroke	– 24.87 – 2010 Telstra Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad – Rod Mum – Marg Sisters – Ash, Tegan
STUDIES/OCCUPATION	B. Biomedical Science/ Lifeguard
OTHER SPORTS PLAYED/PLAY	Basketball, AFL
SUPERSTITIONS	None
ULTIMATE RELAXATION	Sleep/Xbox
SPECIALITY IN THE KITCHEN	Ravioli
ONE THING YOU CAN'T LIVE WITHOUT	My iPhone

FAVOURITES

SPORTING TEAM	Brisbane Lions/Miami Heat		
MOVIES	Step Brothers/Remember the Titans/The Hangover		
TV SHOW	Family Guy		
BANDS/MUSIC	Usher/RnB/HipHop	HOLIDAY	Nth Stradbroke
FOOD	Mexican	DRINK	Watermelon Gatorade
SWIM MEET	Australian National Championships		
HOBBIES	Basketball, AFL, American Football		
PETS	Golden Retriever - Kayla		
INTERESTING PERSONAL FACT	Loves American Sports		
NAME YOUR PAST COACHES	Brant Best, Chris Urquhart		
CAREER OBSTACLES	Minor Injuries		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Dad – always supportive		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Determined, Relaxed and Funny		
PROUDEST SWIMMING MOMENT	Australian Age Champion 2009		
MOST FAMOUS PERSON YOU HAVE MET	Michael Voss		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Engineering/Medicine		
FAVOURITE SWIMMER AND WHY?	Ashley Callus - funny man		
WHEN DID YOU FIRST START SWIMMING AND WHY?	Young Age – Basic Learn to Swim Classes		

NOTABLE QUOTE "The fight is won and lost far from any witnesses, behind the line, in the gym and out there on the road, long before I dance under those lights"
– M. Ali

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES:

CAREER HIGHLIGHTS

Won four gold medals at the 2010 Oceania Championships, including a clean sweep of the backstroke events.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Oceania	Samoa	2010	1 st 50m, 100m, 200m backstroke and 4x100m medley relay

TEAM KLIM

Brittany ELMSLIE

AGE **16**

NICKNAME	Brit/Britt/Bidz
D.O.B	19/06/1994
BORN	Nambour QLD
LIVES	Noosa QLD
HEIGHT / WEIGHT	179cm/ 70kg
CLUB/INSTITUTE	Noosa Swim Club/ QAS
TRAINS (POOL)	Noosa Aquatic Center
COACH	Brian Stehr
MAIN EVENT	50/100 freestyle

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Freestyle	- 25.34 – 2010 Australian Age Championships
100m Freestyle	- 55.65 - 2010 Australian Age Championships
200m Freestyle	- 2.00.79 - 2010 Australian Age Championships
100 Butterfly	- 1.01.30 - 2010 Australian Age Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m freestyle	- 25.16 – 2010 Telstra Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad- Scott Mum- Mignone Sister- Ashleigh Brother- Joshua		
STUDIES/OCCUPATION	Year 12 Student		
OTHER SPORTS PLAYED/PLAY	Surf lifesaving, Waterpolo, Basketball		
SUPERSTITIONS	Racing with bold nails & bling earrings		
ULTIMATE RELAXATION	Sleep		
SPECIALITY IN THE KITCHEN	Lemon Meringue Pie		
ONE THING YOU CAN'T LIVE WITHOUT	Family		
FAVOURITES			
SPORTING TEAM	QLD state of origin team		
MOVIES	Blue crush, Step up, The hangover		
TV SHOW	Modern Family & Greys anatomy		
BANDS/MUSIC	Rihanna/ Top 40	HOLIDAY	Hawaii
FOOD	Nanna's lemon meringue pie	DRINK	Lemon lime & bitters
SWIM MEET	Jr Pan Pacs Hawaii		
HOBBIES	Stand up board surfing		
PETS	Poodle- Bella		
INTERESTING PERSONAL FACT	Up until 2008 I hated pool swimming training		
NAME YOUR PAST COACHES	Michael Sage		
CAREER OBSTACLES	None worth complaining about		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Mum & Dad		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Talkative, enthusiastic, chilled		
PROUDEST SWIMMING MOMENT	Made 50m freestyle semi at my first AUS champs which were Olympic trials 08		
MOST FAMOUS PERSON YOU HAVE MET	Emma Snowsil		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Nutrition		
FAVOURITE SWIMMER AND WHY?	Libby Trickett- Keeps smiling no matter what		
WHEN DID YOU FIRST START SWIMMING AND WHY?	1 year old- beach lifestyle/ safety reasons Didn't start competing till 07		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Brittany was a finalist in the 50m freestyle at the 2010 Telstra Australian Swimming Championships. She won gold in the 50m freestyle at the 2009 Junior Pan Pacs in Guam

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Junior Pan Pacs	Guam	2009	1 st 50m freestyle, 4 th 100m freestyle
	Hawaii	2010	5 th 50m freestyle, 3 rd 4x100m freestyle relay

TEAM KLIM

Blair EVANS

AGE 19

NICKNAME	BB	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	03/04/91	200m freestyle – 1:57.27 - 2010 Pan Pacs
BORN	Perth, WA	400m freestyle – 4:06.36 – 2010 Pan Pacs
LIVES	Perth, WA	800m freestyle – 8:25.74 – 2010 Telstra Australian Championships
PHYSICAL	174cm	1500m freestyle – 16:46.56 – 2009 Telstra Australian Championships
CLUB/INSTITUTE	City of Perth/WAIS	PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
TRAINS (POOL)	Beatty Park	400m freestyle – 4:00.71 – 2010 Australian Short Course Champs
COACH	Matt Magee	800m freestyle – 8:14.86 – 2010 Australian Short Course Champs
MAIN EVENT	200 & 800m Free	



OUT OF THE POOL

FAMILY MEMBERS	Mum – Lorena, Dad – Mark, Brother -Jason
SUPERSTITIONS	None
STUDIES/OCCUPATION	Work for 2XU
OTHER SPORTS PLAYED/PLAY	Netball, T-ball, Dancing
ULTIMATE RELAXATION	Sleeping and watching a movie
SPECIALITY IN THE KITCHEN	Homemade pizza
ONE THING YOU CAN'T LIVE WITHOUT	My Phone

FAVOURITE

SPORTS TEAM	St Kilda (AFL)		
MOVIES	Horror		
TV SHOW	Grey's Anatomy, Entourage, Supernatural		
FOOD	FAB Burgers	DRINK	Watermelon Gatorade
BANDS/MUSIC	Dance/Alternative	CDs	Ministry of Sound
PETS	Cody – dog, Buffy – dog, Nola - Cat		

HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?
I was diagnosed with cancer at the age of 12, in my hip joint. It ended up being an infection that had to be cut out and I took 6-8 months out of the water. It now remains as a degenerative condition

WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?
Family, they always gave up their time and commitments to ensure my success and happiness

PERSONAL AMBITIONS?
To be great at whatever I end up doing in the future

AT WHAT AGE DID YOU LEARN TO SWIM AND WHY?
At the age of 5 because my brother did

THREE WORDS TO DESCRIBE YOURSELF
Blair Catherine Evans

FAVOURITE SWIMMER AND WHY?
Grant Hackett, inspirational

NOTABLE QUOTE
"Throw your heart off the block and the rest will follow."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 2
2009 – 800m Freestyle, 2010 - 200m Freestyle

CAREER HIGHLIGHTS

Won gold in the women's 4x200m freestyle relay at the Commonwealth Games in Delhi
Won two bronze (200m and 400m freestyle) and one silver (4x200m freestyle relay) at the 2010 Pan Pacs
Won the Australian 200m freestyle title at the 2010 National Championships
Won her first Australian title in the 800m at the 2009 Australian Championships
Won two bronze (200m and 400m freestyle) and one silver (4x200m freestyle relay) at the 2010 Pan Pacs
Finished third in the 400m freestyle at the 2009 Australian Championships

2010 – Won gold in the women's 4x200m freestyle relay at the Commonwealth Games in Delhi
Won the women's 200m freestyle and got silver in the 800m free at the 2010 National trials
Won two bronze (200m and 400m freestyle) and one silver (4x200m freestyle relay) at the 2010 Pan Pacs

2009 - Won her first Australian title in the 800m at the 2009 Australian Championships to make the Telstra Dolphins team for Rome
Finished third in the 400m freestyle at the Australian Championships
Finished third in the 800m freestyle at the Junior Pan Pacific Games in Guam and 4th in the 400 IM
Won four gold medals at Australian Age Championships in Sydney, winning the 400m and 800m free and the 400m IM
Finished 5th in the 400m freestyle at the Duel in the Pool in Canberra against Japan

2008 – Won silver in 400m IM and 4x200m free, bronze in 200m IM at Oceania Championships in Christchurch

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Champs	Rome, Italy	2009	18 th 800m
Comm Games	Delhi, India	2010	1 st 4x200m relay, 4 th 400m free, 5 th 800m free, 6 th 200m free
Pan Pacs	Irvine, California	2010	2 nd 4x200m free relay, 3 rd 200m & 400m free, 7 th 800m free
World Short Course	Dubai, UAE	2010	2 nd 4x200m free relay, 5 th 200m free, 6 th 800m free,
Junior Pan Pacs	Guam	2009	3 rd 800m, 4 th 400m IM, 5 th 1500m free, 10 th 400m free, 23 rd 200m free
Oceania Champs	Christchurch, NZ	2008	2 nd 400m IM, 4x200m free; 3 rd 200m IM
Duel in the Pool	Canberra, Australia	2009	5 th 400m free

TEAM KLIM

Sally FOSTER

AGE **25**



NICKNAME	Sal
D.O.B	13/04/1985
BORN	Western Australia
LIVES	Canberra ACT
PHYSICAL	172cm. 60kg
CLUB/INSTITUTE	Central Aquatic/AIS
TRAINS (POOL)	AIS
COACH	Shannon Rollason
MAIN EVENT	200m Breaststroke

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m breaststroke	– 31.67 – 2009 Telstra Australian Championships
100m breaststroke	– 1:07.48 – 2009 Telstra Australian Championships
200m breaststroke	– 2:24.81 – 2008 Mare Nostrum Monaco
100m freestyle	– 54.18 – 2009 AIS Meet
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m breaststroke	– 30.93 – 2009 Telstra Australian Short Course
100m breaststroke	– 1:06.03 – 2008 Telstra Grand Prix Canberra
200m breaststroke	– 2:20.11 – 2008 FINA World Short Course

OUT OF THE POOL

FAMILY MEMBERS	Mother - Debra, Father - Ken, Sister – Tammy, Brother - Tom
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STUDIES/OCCUPATION	Studying Industrial Design and working in AIS finance department
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OTHER SPORTS PLAYED/PLAY	Women's AFL at high school, gymnastics
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SUPERSTITIONS	None
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ULTIMATE RELAXATION	Sleeping, shopping, having coffee with my boyfriend
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SPECIALITY IN THE KITCHEN	Anything sweet, pasta dishes and roast pork
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FAVOURITE

SPORTING TEAM	Eagles (AFL)
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MOVIES	Dirty Dancing, X Men 1, 2, 3
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TV SHOW	Will and Grace, Two and a Half Men
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BANDS/MUSIC	The Darkness and anything and everything I can sing or dance to
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FOOD	Everything	DRINK	Water, Coke
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HOBBIES	Painting and shopping
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PETS	German Shepherd named Tolly
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INTERESTING FACT PEOPLE DON'T KNOW ABOUT YOU?	My Mum, Nana and Granddad, aunties and uncles are all swimming coaches
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HAS ANY OF YOUR FAMILY EVER REPRESENTED AUSTRALIA?	My great aunt Evelyn de Lacy went to the Berlin Olympics. My mum was a national champion swimmer and Dad was a polo cross and equestrian rider
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WHAT AGE DID YOU START SWIMMING AND WHY?	Before I could walk (family of swimmers and coaches)
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FAVOURITE SWIMMER AND WHY?	Alex Popov – most beautiful freestyler I have ever seen and great swimmer
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NOTABLE QUOTE	The future belongs to those who believe in the beauty of their dreams
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IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES:	1
2009 – 200m Breaststroke	

CAREER HIGHLIGHTS

Finished ninth in 200m breast at 2008 Olympic Games
 Won gold as a heat swimmer in 4x100m free at 2007 FINA World Championships
 Won silver in 200m breast and 4x100m free (heat swim) at 2008 FINA World Short Course Championships

2009 – Won the 200m breaststroke at the Australian Championships. Set personal best times in four events at the Australian Championships, the 50m and 100m freestyle and 50m and 100m breaststroke. Won silver and bronze as heat swimmer in relays at FINA World Championships in Rome

2008 - Finished ninth in 200m breast at Olympic Games in Beijing. Was second in 200m breast, fifth in 50m free and sixth in 100m breast at the Telstra Australian Championships/Olympic Trials in Sydney. Won silver in 200m breast and 4x100m free (heat swim) at FINA World Short Course Championships in Manchester

2007 - Was second in the 200m breast, third in 100m breast and fifth in 50m free at the Telstra Australian Championships in Brisbane. Won gold as a heat swimmer in 4x100m free and finished 18th in 200m breast at FINA World Championships in Melbourne. Fourth in 200m breast and eighth in 100m breast at Fujitsu Duel in the Pool in Sydney

2006 - Fifth in 200m breast at Commonwealth Games. Claimed first National open long course medal by winning silver in 200m breast at Telstra Commonwealth Games Trials in Melbourne

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	9 th 200m breast
World Champs	Melbourne, Australia	2007	1 st 4x100m free (heat swim); 18 th 200m breast
	Rome, Italy	2009	2 nd 400m medley relay (heat swim); 3 rd 400m free relay (heat swim); 15 th 200m breast
Comm Games	Melbourne, Australia	2006	5 th 200m breast
Pan Pacs	Irvine, California	2010	13 th 200m breast
World Short Course	Manchester, England	2008	2 nd 200m breast, 4x100m free (heat swim)
Duel in the Pool	Sydney, Australia	2007	4 th 200m breast; 8 th 100m breast
	Canberra, Australia	2009	1 st 4x100m relay, 4 th 200m breast, 5 th 4x100m medley relay, 7 th 100m breast
Oceania Champs	Suva, Fiji	2004	1 st 200m breast, 4x50m free; 2 nd 50m, 100m breast; 3 rd 50m free

TEAM KLIM

Madeline GROVES

AGE 15

NICKNAME	Mad Dog
D.O.B	25/05/1995
BORN	Brisbane
LIVES	Brisbane
HEIGHT / WEIGHT	178/62
CLUB/INSTITUTE	St Peters Western
TRAINS (POOL)	SPLC
COACH	Mick Palfery
MAIN EVENT	200m Fly

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Butterfly	– 27.84 – 2010 Queensland Championships
100m Butterfly	– 59.41 – 2010 Queensland Championships
200m Butterfly	– 2:10.42 – 2010 Queensland Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m Butterfly	– 27.16 – 2010 State Teams Short Course
100m Butterfly	– 58.74 – 2010 NZ Spring Competition
200m Butterfly	– 2:09.80 – 2010 NZ Spring Competition



OUT OF THE POOL

FAMILY MEMBERS	Mum – Claire, Dad – Greg, Brothers – Matt & Andy
STUDIES/OCCUPATION	Student (Year 11 2011)
OTHER SPORTS PLAYED/PLAY	Hockey, Water Polo
SUPERSTITIONS	None
ULTIMATE RELAXATION	Listening to music
SPECIALITY IN THE KITCHEN	Risotto
ONE THING YOU CAN'T LIVE WITHOUT	Music

FAVOURITES

SPORTING TEAM	Qld Maroons		
MOVIES	Amélie		
TV SHOW	The Young Ones		
BANDS/MUSIC	Yeah Yeah Yeahs	HOLIDAY	Beach
FOOD	Noodles	DRINK	Strawberry Milk
SWIM MEET	Junior Pan Pacs		
HOBBIES	Chillin' with friends		
PETS	Cat – Oliver, Puppies – Mops & Ruby		
INTERESTING PERSONAL FACT			
NAME YOUR PAST COACHES	Dan Atkins		
CAREER OBSTACLES	None so far		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	No-one specific, but family, friends and coach have been influential and supportive		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Easy-going, capable, energetic		
PROUDEST SWIMMING MOMENT	1 st Open 200m Fly Qld States 2010		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	No		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Travel		
FAVOURITE SWIMMER AND WHY?	Annette Kellerman		
WHEN DID YOU FIRST START SWIMMING AND WHY?	2 yrs, to learn but I've been in the pool since I was a baby		
NOTABLE QUOTE	'Many a slip from the cup to the lip.'		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

A three time gold medallist at the 2010 Oceania Championships in Samoa

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Oceania Championships	Samoa	2010	1 st 100m, 200m butterfly, 4x1000m medley relay, 2 nd 50m butterfly
Junior Pan Pacs	Hawaii, USA	2010	2 nd 200m butterfly, 5 th 100m butterfly

TEAM KLIM

Whitney IRELAND

AGE 17

NICKNAME	Whits
D.O.B	15/5/1993
BORN	Adelaide
LIVES	Adelaide
HEIGHT / WEIGHT	167cm/59kg
CLUB/INSTITUTE	Norwood/SASI
TRAINS (POOL)	Adelaide Aquatic
COACH	Peter Bishop
MAIN EVENT	50/100backstroke

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Backstroke	– 28.88 – 2010 Telstra Australian Championships
100m Backstroke	– 1.02.01 – 2010 Telstra Australian Championships
200m Backstroke	– 2.15.92 – 2010 Telstra Australian Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m Backstroke	– 28.23 – 2010 Australian Short Course
100m Backstroke	– 1.00.76 – 2010 Australian Short Course
200m Backstroke	– 2.14.39 – 2010 Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad – Greg, Mum – Catherine, Sister - Kate
STUDIES/OCCUPATION	Student
OTHER SPORTS PLAYED/PLAY	Athletics
SUPERSTITIONS	None
ULTIMATE RELAXATION	Beach Holiday
SPECIALITY IN THE KITCHEN	Fish Fingers
ONE THING YOU CAN'T LIVE WITHOUT	Friends

FAVOURITES

SPORTING TEAM	Adelaide Crows (AFL)		
MOVIES	The Notebook/The Hangover		
TV SHOW	Grey's Anatomy/Gossip Girl		
BANDS/MUSIC	Pop	HOLIDAY	Hamilton Island
FOOD	Chocolate	DRINK	Iced Chocolate
SWIM MEET	Australian Age Championships		
HOBBIES	Writing, Reading, Shopping, Eating, Sleeping		
PETS	My 3 dogs		
INTERESTING PERSONAL FACT	I spent my first 3 months of life in plaster due to dislocated hips		
NAME YOUR PAST COACHES	None		
CAREER OBSTACLES	Motivation		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Family – have always been supportive		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Loyal, Caring, Fun		
PROUDEST SWIMMING MOMENT	Making my first Trans Tasman		
MOST FAMOUS PERSON YOU HAVE MET	Britney Spears		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	No		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Study Medicine		
FAVOURITE SWIMMER AND WHY?	Geoff Huegill – amazing motivation and self belief		
WHEN DID YOU FIRST START SWIMMING AND WHY?	3 – for safety		
NOTABLE QUOTE	Do not take life too seriously – you will never get out of it alive.		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won gold in the 50m backstroke at the 2010 Oceania Championships in Samoa and was a gold medal winning member of the 2009 Trans-Tasman tour.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Oceania Championships	Samoa	2010	1 st 50m backstroke

TEAM KLIM

Grant IRVINE

AGE 19

NICKNAME	Grunta
D.O.B	17/03/91
BORN	Brisbane
LIVES	Brisbane
HEIGHT / WEIGHT	186cm/80kg
CLUB/INSTITUTE	St Peters
TRAINS (POOL)	St Peters
COACH	Michael Bohl
MAIN EVENT	200 fly

PERSONAL BEST TIMES – Long Course (50m Pool)	
50 butterfly	- 25.00 – 2010 Telstra Australian Championships
100 butterfly	- 53.05 – 2010 Oceania Championships
200 butterfly	- 1.56.94 – NSW State Open Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
50 butterfly	- 24.38 – 2010 Telstra Short Course
100 butterfly	- 52.12 – 2010 Telstra Short Course
200 butterfly	- 1.54.31 – 2010 Telstra Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad – Bruce, Mum – Lynda, sisters – Claire, Kate
STUDIES/OCCUPATION,	Student, accounting
OTHER SPORTS PLAYED/PLAY -	-
SUPERSTITIONS	None
ULTIMATE RELAXATION	sleeping
SPECIALITY IN THE KITCHEN	steaks
ONE THING YOU CAN'T LIVE WITHOUT-	Iphone

FAVOURITES

SPORTING TEAM	Broncos, Chelsea F.C
MOVIES	Transformers, comedies
TV SHOW	Dexter, how I met your mother
BANDS/MUSIC	
FOOD	lamb
SWIM MEET	Tapered ones
HOBBIES	-
PETS	-
INTERESTING PERSONAL FACT	I'm a twin
NAME YOUR PAST COACHES	Doug Harvey
CAREER OBSTACLES -	
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Parents they have always been there for me in anything I do
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Determined resilient hard worker
PROUDEST SWIMMING MOMENT	2010 trials swimming pbs in everything
MOST FAMOUS PERSON YOU HAVE MET	-
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	More traveling
FAVOURITE SWIMMER AND WHY?	Michael Klim same events
WHEN DID YOU FIRST START SWIMMING AND WHY?	8, I was way too energetic
NOTABLE QUOTE	"Shape up or ship out."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Was a gold medal winning member of the 2010 4x100m medley relay team at the 2010 Oceania Championships in Samoa

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Oceania Championships	Samoa	2010	1 st 4x100m medley relay, 2 nd 100m butterfly, 3 rd 200m, butterfly

TEAM KLIM

Patrick MURPHY

AGE 26

NICKNAME	Murph, Patty	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	22/02/1984	100m Freestyle – 49.27 – 2008 Telstra Australian Championships
BORN	Albury, NSW	200m Freestyle – 1:45.95 – 2008 Olympic Games
LIVES	Canberra, ACT	400m Freestyle – 3:49.24 – 2009 Santa Clara International
PHYSICAL	189cm, 90kg	
CLUB/INSTITUTE	Southport/QAS	PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
TRAINS (POOL)	Southport	100m Freestyle – 48.69 – 2007 World Cup - Sydney
COACH	Glenn Baker	200m Freestyle – 1:44.78 – 2007 World Cup - Sydney
MAIN EVENT	200m Freestyle	400m Freestyle – 3:42.02 – 2010 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad – Brian, Mum – Anne, sisters – Jackie and Belinda and Brother - James
STUDIES/OCCUPATION	Studying – Bachelor of Commerce
OTHER SPORTS PLAYED/PLAY	AFL, waterpolo
SUPERSTITIONS	Wipe the water off the front of the blocks before I race
ULTIMATE RELAXATION	Sunday morning breakfast
SPECIALITY IN THE KITCHEN	Chicken pie and Pumpkin soup

FAVOURITES

SPORTING TEAM	Carlton, Melbourne Storm		
MOVIES	Happy Gilmore, Blood Diamond		
TV SHOW	Underbelly		
BANDS/MUSIC	James Morrison	CDs	R&B
FOOD	Japanese	DRINK	Latte
NAME YOUR PAST COACHES	Vince Raleigh, Ian Pope		
CAREER OBSTACLES	Shoulder injuries/ mystery illness		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Grandmother – Taught me that if you give, you will receive.		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Joker, Loyal, Generous		
PROUDEST SWIMMING MOMENT	Leading off the 4x200m Relay at Beijing Olympic Games		
MOST FAMOUS PERSON YOU HAVE MET	Kobe Bryant		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	No		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Finance Industry, Stockbroking, Open my own Cafe		
FAVOURITE SWIMMER AND WHY?	Alex Popov – Greatest technician ever		
WHEN DID YOU FIRST START	At the age of 10 because I could beat my older brother.		
NOTABLE QUOTE	"Attitude is everything" "Tough times never last, but tough people do."		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 1
2009 – 200m Freestyle

CAREER HIGHLIGHTS:

Won bronze in the 800m free relay at the Rome World Championships
Dual Olympian who won bronze in the 4x100m free (heat swim) and 4x200m free in 2008

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			1
World Championships		1	3
Commonwealth Games			
Pan Pacs			
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	18 th 200m back
	Beijing, China	2008	3 rd 4x100m (heat swim), 4x200m free
World Champs	Montreal, Canada	2005	3 rd 4x100m, 4x200m free; 16 th 200m back
	Melbourne, Australia	2007	2 nd 4x200m free; 5 th 4x100m free (heat swim); 13 th 200m free
	Rome, Italy	2009	3 rd 4x200m free, 14 th 200m free
World Short Course	Dubai, UAE	2010	11 th 400m free, 5 th 4x200m free relay
Duel in the Pool	Irvine, USA	2005	2 nd 4x100m free, 4x100m medley; 5 th 100m free, 200m back
	Sydney, Australia	2007	2 nd 4x100m free; 5 th 200m free
	Canberra, Australia	2009	3 rd 400m free, 5 th 200m free
Japan International	Chiba, Japan	2007	1 st 4x200m free; 8 th 400m free

TEAM KLIM

Mitchell PATTERSON

AGE **24**

NICKNAME	Patto
D.O.B	01/10/1986
BORN	Manly
LIVES	Sydney, NSW
PHYSICAL	189cm 85kg
CLUB/INSTITUTE	Warringah Aquatic SC
TRAINS (POOL)	Warringah Aquatic
COACH	Ben Davies
MAIN EVENT	50 ,100m Fly 100m Free

PERSONAL BEST TIMES – Long Course (50m)	
50m Butterfly	– 23.26 2009 AIS Invitational
100m Butterfly	– 51.92 2009 AIS Invitational
100m Freestyle	– 50.20 2009 Telstra Australian Championships
PERSONAL BEST TIMES – Short Course (25m)	
50m butterfly	- 22.81 2009 Singapore World Cup
100m Butterfly	– 49.51 2009 Singapore World Cup CR
100m Freestyle	– 50.20 2009 Singapore World Cup



OUT OF THE POOL

FAMILY MEMBERS	Mum (Linda) – Dad (Mark) Brother (Dean) Sister (Jaimie)
STUDIES/OCCUPATION	BA Majoring in Marketing Macquarie Uni
OTHER SPORTS PLAYED/PLAY	Soccer
SUPERSTITIONS	What goes around comes around
ULTIMATE RELAXATION	Stock trading
SPECIALITY IN THE KITCHEN	Lamb shanks
ONE THING YOU CAN'T LIVE WITHOUT	A pool

FAVOURITES

SPORTING TEAM	McLaren (F1)		
MOVIES	Gladiator / Anchorman		
TV SHOW	Generation Kill		
BANDS/MUSIC	Daft Punk	HOLIDAY	Noosa
FOOD	Lamb shanks	DRINK	H2o
SWIM MEET	2009 Singapore WC		
HOBBIES	Stock and option trading		
PETS	Dogs – Milo and Monte		
INTERESTING PERSONAL FACT	A fan club was set up to help fund my trip to Singapore for the world cup where I set a commonwealth record in the 100m butterfly		

CAREER OBSTACLES	Injured a rotator cuff
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Father, taught me everything I know
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Calm, collected and competitive
PROUDEST SWIMMING MOMENT	Breaking the short course Commonwealth record in the 100m butterfly
MOST FAMOUS PERSON YOU HAVE MET	Eamon Sullivan
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	Dad, mum, sister
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Become an investor
FAVOURITE ATHLETE AND WHY?	Mohammad Ali – love his cocky attitude
WHEN DID YOU FIRST START SWIMMING AND WHY?	Three, to learn to swim

NOTABLE QUOTE "Courage goes to the man who enters the arena."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **0**

CAREER HIGHLIGHTS

Qualified for his first Australian team by coming third in the 50m butterfly at the 2010 Telstra Australian Championships
Won gold in the 100m butterfly, in Commonwealth record time, at the 2009 FINA Arena Short Course World Cup

2010 – Finished 5th in the 50m butterfly at the Delhi Commonwealth Games
Finished 8th in the 50m butterfly at the Pan Pacs in California in his first major international long course final.

2009 – Paid his own way to attend the FINA Short Course World Cup in Singapore and won the 100m butterfly in a Commonwealth Record time of 49.51.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Commonwealth Games	Delhi, India	2010	5 th 50m butterfly,
Pan Pacs	Irvine, California	2010	8 th 50m fly, 9 th 100m fly, 29 th 50m free, 20 th 100m free

TEAM KLIM

Leiston PICKETT

AGE **18**

NICKNAME	Lei
D.O.B	06/02/1992
BORN	Gold Coast
LIVES	Gold Coast, QLD
PHYSICAL	179cm 58kg
CLUB/INSTITUTE	Southport Olympic
TRAINS (POOL)	Southport
COACH	Glenn Baker
MAIN EVENT	50m 100m Breast

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Breaststroke	– 30.57 - 2010 Commonwealth Games
100m Breaststroke	– 1:08.72 - 2010 Australian Championships
PERSONAL BEST TIMES – Short Course (25 Pool)	
50m Breaststroke	– 29.84 – 2010 World Short Course Championships
100m Breaststroke	– 1:06.59 – 2010 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Mum (Linda) – Dad (Mark) – Brothers (Daniel and Chris)
STUDIES/OCCUPATION	Business
OTHER SPORTS PLAYED/PLAY	Netball
SUPERSTITIONS	Déjà vu is good
ULTIMATE RELAXATION	Sleeping in
SPECIALITY IN THE KITCHEN	Plenty of dishes
ONE THING YOU CAN'T LIVE WITHOUT	My blanket

FAVOURITES

SPORTING TEAM	Australian Swim Team		
MOVIES	Eurotrip		
TV SHOW	Simpsons		
BANDS/MUSIC	Anything	HOLIDAY	Somewhere relaxing
FOOD	Yogurt	DRINK	Thickshakes

SWIM MEET	Telstra Australian Championships
HOBBIES	Enjoy organizing things
PETS	Dog Lilly, Bird foxy boy
INTERESTING PERSONAL FACT	I enjoy getting up in the morning for training

CAREER OBSTACLES	Not yet
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My coach – played a massive role in me reaching my goal
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Perfectionist, loyal, tall
PROUDEST SWIMMING MOMENT	2010 Telstra Australian Swimming Championships 2 nd in the 50m breaststroke
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	Mum, netball
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Not sure
FAVOURITE SWIMMER AND WHY?	Leisel Jones – technique
WHEN DID YOU FIRST START SWIMMING AND WHY?	11, because I like it
NOTABLE QUOTE	"Success is not a destination, it's a journey." Believe and Achieve.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **0**

CAREER HIGHLIGHTS

Won gold in the 50m breaststroke at the 2010 Commonwealth Games in Delhi
 Won silver in the 50m breaststroke at the 2010 Pan Pacs and 2010 Telstra Australian Championships
 Won gold in the 100m breaststroke and 4x100m medley relay at the Australian Youth Olympic Festival in Sydney in 2008.
 Won silver in the 50m breaststroke at the 2010 World Short Course in Dubai

2010 – Won silver in the 50m breaststroke at the Pan Pacs and Australian Championships.
 Won gold in the same event at the Australian Age Championships
 Won gold in the 50m breaststroke at the Commonwealth Games in Delhi

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Comm Games	Delhi, India	2010	1 st 50m breaststroke
Pan Pacs	Irvine, California	2010	2 nd 50m breast, 13 th 100m breast,
World Short Course	Dubai, UAE	2010	2 nd 50m breast,
Australian Youth Olympic Festival	Sydney	2008	1 st 100m breast, 1 st 4x100m medley relay

TEAM KLIM

Brenton RICKARD

AGE **27**



NICKNAME	Rix
D.O.B	19/10/1983
BORN	Brisbane, QLD
LIVES	Main Beach, QLD
PHYSICAL	195cm, 93kg
CLUB/INSTITUTE	Southport Olympic
TRAINS (POOL)	Southport
COACH	Glenn Baker
MAIN EVENT	100 & 200m Breast

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Breaststroke	– 26.95 – 2009 World Championships AR
100m Breaststroke	– 58.58 – 2009 World Championships WR
200m Breaststroke	– 2:07.89 – 2009 World Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Breaststroke	– 26.62 – 2008 Grand Prix Canberra
100m Breaststroke	– 57.82 – 2008 Grand Prix Canberra AR
200m Breaststroke	– 2:05.41 – 2007 Telstra Australian Short Course

OUT OF THE POOL

FAMILY MEMBERS	Mum – Colette, Dad – Mark, Siblings Nathan and Letitia
STUDIES/OCCUPATION	Masters of Business Management
GREATEST ASSET	Willingness to be involved
HOBBIES	I'm a movie buff, surfing
ULTIMATE RELAXATION	Sitting on the beach watching the waves role in
SPECIALITY IN THE KITCHEN	Lasagna
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Honest, approachable, fun

FAVOURITES

SPORTING TEAM	Brisbane Broncos
MOVIES	The Usual Suspects
SWIM MEET	Rome 2009
TV SHOW	Family Guy, How I met your Mother
BANDS/MUSIC	Powderfinger CDs Chill out CDs
FOOD	Steak DRINK Milo
INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU?	Brother was AR holder for 50m free in 1997
ROLE MODELS?	Brother Nathan, great swimmer and a better person
WHAT OR WHO INSPIRES YOU?	My Family
HOW WOULD YOU LIKE TO BE REMEMBERED	Hard worker who performed to his potential and helped others perform to theirs
WHAT AGE DID YOU START SWIMMING AND WHY?	At age 8 because my brother started and I thought it would be fun
FAVOURITE SWIMMER AND WHY?	Kosuke Kitajima, still the one to catch and has been for a long time.
FAVOURITE ATHLETE AND WHY?	Darren Lockyer – unbelievable leader, led Brisbane (NRL) to four premierships, Qld State of Origin, Australia
NOTABLE QUOTE	"It is time that has taken our tomorrows and turned them into yesterdays."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **16**
 2004, 05,06,07,08, 09, 10– 50m Breaststroke, 2005, 06,07,08,09, 10 - 100m Breaststroke 2007,08, 10 – 200m Breaststroke

CAREER HIGHLIGHTS

Won gold in the 100m breaststroke at the 2009 World Championships in a world record time of 58.58 and bronze in the 400m medley relay
 Won silver in 200m breaststroke and 4x100m medley, was fifth in 100m breast at 2008 Olympic Games
 Has two gold, a silver and two bronze from three FINA World Championships
 Won two gold, silver and bronze at the 2010 Commonwealth Games
 Won gold, silver and two bronze medals at 2006 Commonwealth Games
 Has won a gold and six silver medals from three FINA World Short Course Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	2 nd 200m breast, 4x100m medley; 5 th 100m breast
World Champs	Barcelona, Spain	2003	10 th 50m, 100m breast
	Montreal, Canada	2005	6 th 4x100m medley; 8 th 50m 10 th 100m breast; 13 th 200m breast
	Melbourne, Australia	2007	1 st 4x100m medley; 2 nd 200m breast; 3 rd 100m breast; 7 th 50m
	Rome, Italy	2009	1 st 100m breast, 5 th 50m and 200m breast, 3 rd medley relay
Comm Games	Melbourne, Australia	2006	1 st 4x100m medley; 2 nd 200m breast; 3 rd 50m, 100m breast
	Delhi, India	2010	1 st 200m breast, 4x100m medley relay, 2 nd 50m breast, 3 rd 100m breast
World Short Course	Moscow, Russia	2002	17 th 200m breast
	Indianapolis, USA	2004	2 nd 50m, 100m, 200m breast, 4x100m medley
	Shanghai, China	2006	1 st 4x100m medley; 2 nd 100m, 200m breast, 4 th 50m breast
	Dubai, UAE	2010	3 rd 200m breast, 5 th 100m breast, 4x100m medley, 19 th 50m breast
Pan Pacific Champs	Victoria, BC, Canada	2006	2 nd 100m breast; 3 rd 4x100m medley; 4 th 200m breast
	Irvine, California	2010	2 nd 200m breast, 4 th 50m breast, 5 th 100m breaststroke
Duel in the Pool	Irvine, USA	2005	2 nd 100m breast, 4x100m medley; 4 th 200m breast
	Sydney, Australia	2007	2 nd 4x100m medley; 3 rd 200m breast; 4 th 100m breast
Duel in the Pool	Canberra, Australia	2009	4 th 4x100m medley relay, 5 th 100m and 200m breast

TEAM KLIM

Emily SEEBOHM

AGE **18**

NICKNAME	C-Bomb	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	5/06/1992	50m backstroke – 27.70 – 2009 World Championships
BORN	Adelaide, SA	100m backstroke – 58.88 – 2009 World Championships - AR
LIVES	Brisbane QLD	50m freestyle – 25.62 – 2008 Queensland Championships
PHYSICAL	180cm, 63kg	100m freestyle – 53.96 – 2010 Pan Pacs
CLUB/INSTITUTE	Brothers/QAS	200m backstroke – 2:08.02 – 2010 Telstra Australian Championships
TRAINS (POOL)	Nudgee College	200m IM – 2:09.93 – 2010 Pan Pacs
COACH	Matt Brown	50m butterfly – 26.08 – 2010 Pan Pacs
MAIN EVENT	100m Back 200m IM	



OUT OF THE POOL

FAMILY MEMBERS	Mum (Karen), Dad (John), Brothers (Jack, Will)
SUPERSTITIONS	Putting my cap on from back to front
STUDIES/OCCUPATION	Swimming Teacher (Learn to Swim)
OTHER SPORTS PLAYED/PLAY	Netball, gymnastics, boxing surf lifesaving, soccer
ULTIMATE RELAXATION	Listening to music
SPECIALITY IN THE KITCHEN	Choc slice
ONE THING YOU CAN'T LIVE WITHOUT	Mum cleaning my room

FAVOURITE

SPORTS TEAM	Melbourne Storm (NRL)		
MOVIES	Girl Movies		
TV SHOW	Gossip Girl, Australia's next top model		
FOOD	Pizza	DRINK	Sprite
BANDS/MUSIC	Lady Ga Ga	PETS	2 dogs
HOW WOULD YOU LIKE TO BE REMEMBERED?	A good sport		
HAVE ANY OF YOUR FAMILY MEMBERS REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL	Dad played 300 games of AFL and Mum was a netballer		
PROUDEST SWIMMING MOMENT	Coming third in the 100m backstroke at the 2009 World Champs		
DESCRIBE YOURSELF IN THREE WORDS?	Fun, sporty, bubbly		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My coach for all the work he's done		
MOST FAMOUS PEOPLE YOU HAVE MET?	Hamish and Andy		
AT WHAT AGE DID YOU LEARN TO SWIM AND WHY?	As a baby because Mum was a swimming teacher		
FAVOURITE ATHLETE AND WHY?	Billy Slater because he's the best footy player		
FAVOURITE SWIMMER AND WHY?	Ian Thorpe, because he was a good swimmer		
NOTABLE QUOTE	"It's a tough road that leads to heights of greatness."		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **6**
2007, 08, 09, 10 – 100m backstroke – 2010 – 50m backstroke, 2010 100m freestyle

CAREER HIGHLIGHTS

Won eight medals including three gold at the Delhi Comm Games
Won two gold (100m back and 200m IM) and four silver medals at the Pan Pacs in Irvine, California
Won bronze in the 100m back and silver in the 400m medley relay at the 2009 World Championships
Broke then 100m IM world record at the 2009 Telstra Short Course
Won gold in the 4x100m medley in a world record at 2008 Olympics
Made Olympic debut in 2008 aged 16 and was ninth in 100m back

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games	1		
World Championships	1	1	1
Commonwealth Games	3	2	3
Pan Pacs	2	4	

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	1 st 4x100m medley; 9 th 100m back
World Champs	Melbourne, Australia	2007	1 st 4x100m medley; 4 th 100m back; 14 th 50m back
	Italy, Rome	2009	2 nd 400m medley relay, 3 rd 100m back, 7 th 50m back, 15 th 200m IM
Comm Games	Delhi, India	2010	1 st 100m backstroke, 4x100m freestyle relay, 4x100m medley relay, 2 nd 100m freestyle, 200m IM, 3 rd 50m butterfly, 50m backstroke, 200m backstroke
Pan Pacs	Irvine, California	2010	1 st 100m back & 200m IM, 2 nd 100m free, 50m fly, 4x100m free, 4x100m medley relay
Duel in the Pool	Sydney, Australia	2007	1 st 4x100m medley; 4 th 100m back
	Canberra, Australia	2009	3 rd 4x100m medley relay; 4 th 100m back, 4x100m free relay; 6 th 200 IM
Junior Pan Pac Champs	Maui, USA	2007	1 st 100m back, 4x100m medley

TEAM KLIM

Eamon SULLIVAN

AGE **25**

NICKNAME	Sullo
D.O.B	30/08/1985
BORN	Australia
LIVES	Sydney, NSW
PHYSICAL	189cm, 78kg
CLUB/INSTITUTE	SOPAC/NSWIS
TRAINS (POOL)	SOPAC/ITAC
COACH	Grant Stoelwinder
MAIN EVENT	50, 100m Freestyle

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Freestyle	– 21.28 – 2008 Telstra Australian Championships
100m Freestyle	– 47.05 – 2008 Olympic Games CR
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Freestyle	– 21.20 – 2009 FINA World Cup - Stockholm
100m Freestyle	– 46.82 – 2007 FINA World Cup - Stockholm



OUT OF THE POOL

FAMILY MEMBERS	Mum – Pam, Dad- John, Sister - Pia
STUDIES/OCCUPATION	Small business management
OTHER SPORTS PLAYED/PLAY	Hockey
SUPERSTITIONS	Lucky undies
ULTIMATE RELAXATION	Movie and take out on Sophie the sofa
SPECIALITY IN THE KITCHEN	Too many things
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Crazy, motivated, relaxed

FAVOURITES

SPORTING TEAM	West Coast Eagles		
MOVIES	Shawshank Redemption		
TV SHOW	Simpsons, Family Guy		
BANDS/MUSIC	House Music	CDs	Ministry of Sound
FOOD	Pizza, hot Italian sausage	DRINK	Apple Kiwi cordial
NAME YOUR PAST COACHES	Matthew Brown		
CAREER OBSTACLES	injuries		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My coach, taught me everything I know		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Passionate, motivated, relaxed		
PROUDEST SWIMMING MOMENT	First world records in 50 free		
MOST FAMOUS PERSON YOU HAVE MET	Snoop Dogg		
SWIMMING CAREER ULTIMATE GOAL	Olympic gold		
WHAT AGE DID YOU START SWIMMING AND WHY?	Age 11 because of asthma		
FAVOURITE SWIMMER AND WHY?	Michael Klim – taught me a lot		
WHEN DID YOU FIRST START SWIMMING AND WHY?	10 - asthma		
NOTABLE QUOTE	Pain is weakness leaving the body		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **6**
2007, 08 – 50m Freestyle, 2007, 08, 09, 10 – 100m Freestyle

CAREER HIGHLIGHTS

Won silver in 100m free and 4x100m medley and bronze in 4x100m free at 2008 Olympic Games
Won gold and bronze at the 2007 FINA World Championships
Relay gold and silver medallist at 2006 Commonwealth Games
Olympic relay finalist in Athens in 2004

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games		2	1
World Championships	1		1
Commonwealth Games	3	1	1
Pan Pacs		1	3
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Athens, Greece	2004	6 th 4x100m free
	Beijing, China	2008	2 nd 100m free, 4x100m medley; 3 rd 4x100m free
World Champs	Melbourne, Australia	2007	1 st 4x100m medley; 3 rd 100m free; 5 th 50m, 4x100m free
Comm Games	Melbourne, Australia	2006	1 st 4x100m medley; 2 nd 4x100m free; 5 th 50m, 100m
	Delhi, India	2010	1 st 4x100m medley and 4x100m free; 3 rd 100m, 6 th 50m
World Short Course	Shanghai, China	2006	1 st 4x100m medley (heat swim); 7 th 4x100m free; 15 th 100m free; 25 th 50m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 rd 4x100m free, 4x100m medley; =3 rd 100m free; 7 th 50m free
	Irvine, California	2010	2 nd 4x100m free relay, 7 th 100m free, 11 th 50m free
Duel in the Pool	Sydney, Australia	2007	1 st 4x100m mixed free; 2 nd 50m, 100m free
Duel in the Pool	Canberra, Australia	2009	1 st 100m free, 4x100m free; 2 nd 4x100m medley relay; 3 rd 50m free,
Australian Youth Olympic Festival	Sydney, Australia	2003	3 rd 4x100m free; 4 th 50m free; 12 th 100m free

Captained by dual Olympic gold medallist **Susie O'Neill**

Daniel Arnamnart
Bronte Barratt
Alicia Coutts
Nicholas Frost
Marieke Guehrer
Sarah Katsoulis
Andrew Lauterstein
Grace Loh
Te Haumi Maxwell
Emma McKeon
Travis Nederpelt
Christian Sprenger
Kelly Stubbins
Kris Taylor
Peter Bishop - Coach
Stephan Widmer - Coach

TEAM O'NEILL

TEAM O'NEILL

Daniel ARNAMNART

AGE **21**

NICKNAME	Arnie
D.O.B	14/09/1989
BORN	Wahroonga, NSW
LIVES	Mt Colah, NSW
PHYSICAL	179cm 80kg
CLUB/INSTITUTE	Aquaburn
TRAINS (POOL)	Hornsby Pool
COACH	Brett Winkworth
MAIN EVENT	50m 100m Back

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Backstroke	– 24.74 - 2009 AIS Invitational
100m Backstroke	– 54.70 - 2009 AIS Invitational
200m Backstroke	– 2:00.43 - 2009 Mel Zajac Canada
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m Backstroke	– 23.60 - 2009 Telstra SC Championships
100m Backstroke	– 51.10 - 2009 Telstra SC Championships
200m Backstroke	– 1:54.03 - 2008 Telstra SC Championships



OUT OF THE POOL

FAMILY MEMBERS	Mum (Gill) – Dad (Sam) – Brothers (Nathan and Luke)
STUDIES/OCCUPATION	Medical courier
OTHER SPORTS PLAYED/PLAY	Rugby league
SUPERSTITIONS	I like to shower before I race
ULTIMATE RELAXATION	Sleeping on the beach
SPECIALITY IN THE KITCHEN	Fried rice
ONE THING YOU CAN'T LIVE WITHOUT	My car

FAVOURITES

SPORTING TEAM	Sydney Roosters		
MOVIES	Green Street Hooligans		
TV SHOW	Entourage		
BANDS/MUSIC	Deadmau5, Carl Cox	HOLIDAY	Gold Coast
FOOD	Seafood	DRINK	Coke
SWIM MEET	Junior Pan Pacs, Hawaii		
HOBBIES	Photography, cooking, cars		
PETS	Dog – Milo, Cat - Bella		

INTERESTING PERSONAL FACT	I own a 2008 WRX that I spend most of my money on.
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CAREER OBSTACLES	Two broken fingers
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My coach and family
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Athletic, social, fun
PROUDEST SWIMMING MOMENT	Being named Junior Pan Pacs swimmer of the meet
MOST FAMOUS PERSON YOU HAVE MET	Ian Thorpe/Michael Phelps
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Police officer
FAVOURITE SWIMMER AND WHY?	Aaron Peirsol – amazing backstroker
WHEN DID YOU FIRST START SWIMMING AND WHY?	12
NOTABLE QUOTE	“Never back down, always stand your ground.”

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **0**

CAREER HIGHLIGHTS

Finished 5th in the final of the 50m backstroke at the Commonwealth Games in Delhi
 Qualified for his first senior Australian team by winning silver in the 50m backstroke at the 2010 Telstra Australian Championships
 Was named swimmer of the meet at the 2007 Junior Pan Pacs in Hawaii

2009 – Fourth in the 50 and 100m backstroke at the Telstra Australian Championships

2008 - Won gold in the 100m backstroke at the Australian Youth Olympic festival

2007 - Won three gold medals at the 2007 Junior Pan Pacs when he took out the 100m backstroke and was part of the 4x100m medley relay team and the 4x100m freestyle relay team

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Commonwealth Games	Delhi, India	2010	5 th 50m back, 9 th 100m back
Pan Pacs	Irvine, California	2010	10 th 50m backstroke, 16 th 100m backstroke
World Short Course	Dubai, UAE	2010	24 th 50m backstroke, 22 nd 100m backstroke
Australian Youth Olympic Festival	Sydney	2008	1 st 100m backstroke
Junior Pan Pacs	Hawaii	2007	1 st 100m backstroke, 4x100m medley relay, 4x100m freestyle relay

TEAM O'NEILL

Bronte BARRATT

AGE **21**

NICKNAME	B, Baz	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	08/02/1989	200m freestyle – 1:56.60 – 2008 Australian Championships AR
BORN	Brisbane, QLD	400m freestyle – 4:04.16 – 2008 Olympic Games AR
LIVES	Canberra, ACT	
PHYSICAL	171cm, 61kg	
CLUB/INSTITUTE	Albany Creek/AIS	PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
TRAINS (POOL)	AIS	200m freestyle – 1:54.83 – 2010 Australian Short Course Champs
COACH	Tracey Menzies	400m freestyle – 3:59.94 – 2007 FINA World Cup
MAIN EVENT	400m Freestyle	



OUT OF THE POOL

FAMILY MEMBERS	Mum, Dad and brothers Ashley and Cameron
STUDIES/OCCUPATION	University
OTHER SPORTS PLAYED/PLAY	Netball and Hockey
SUPERSTITIONS	The number 13 and routine before a race
ULTIMATE RELAXATION	Sleeping
SPECIALITY IN THE KITCHEN	Spaghetti bolognese and quiche
ONE THING YOU CAN'T LIVE WITHOUT	Chocolate and Friends
WHAT DO YOU LIKE TO DO AWAY FROM SWIMMING	Go to university

FAVOURITE

SPORTING TEAM	Brisbane Broncos		
MOVIES	Titanic, Notebook, Any romantic comedy		
TV SHOW	Gossip Girl, True Blood		
BANDS/MUSIC	Rihanna	HOLIDAY	Thailand
FOOD	Ice cream	DRINK	Milkshake
SWIM MEET	Olympics, Australian nationals		
HOBBIES	Learning how to cook		
PETS	Buddy, my dog		
INTERESTING PERSONAL FACT	I can do the sign language alphabet		
NAME YOUR PAST COACHES	John Rodgers, Tracey Menzies		
CAREER OBSTACLES	Constant shoulder issues		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My parents – they have given me the best opportunities in life		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Happy, quiet achiever		
PROUDEST SWIMMING MOMENT	Winning gold in the 4x200m relay at the Beijing Olympics		
MOST FAMOUS PERSON YOU HAVE MET	Rafael Nadal		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	My Granny represented Australia at the 1956 Melbourne Olympics for Long jump		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Become a Physiotherapist		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 4
2007,08 -200m Freestyle, 2009, 10 – 400m Freestyle

CAREER HIGHLIGHTS

Won gold in the 4x200m freestyle relay in a world record time and was seventh in 200m and 400m free at 2008 Beijing Olympic Games
Won gold and bronze at 2006 Commonwealth Games.

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games	1		
World Championships		1	
Commonwealth Games	2		1
Pan Pacs		1	1
World Short Course	1	1	1

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	1 st 4x200m; 7 th 200m, 400m free
World Champs	Montreal, Canada	2005	2 nd 4x200m
	Melbourne, Australia	2007	4 th 4x200m (heat swim); 10 th 200m, 400m free
	Rome, Italy	2009	5 th 800m free relay, 27 th 400m free
Comm Games	Melbourne, Australia	2006	1 st 4x200m; 3 rd 400m free; 4 th 200m free
	Delhi, India	2010	1 st 4x200m free relay, 9 th 200m free, 10 th 400m free
World Short Course	Shanghai, China	2006	1 st 4x200m; 2 nd 400m free; 10 th 200m free
World Short Course	Manchester, England	2008	2 nd 4x100m free (heat); 3 rd 4x200m free; 4 th 400m free
Pan Pacific Champs	Victoria, BC, Canada	2006	2 nd 4x200m; 3 rd 200m free; 5 th 400m free
	Irvine, California	2010	17 th 200m freestyle, 18 th 400m freestyle,
Duel in the Pool	Sydney, Australia	2007	3 rd 400m free; 5 th 200m free
	Canberra, Australia	2009	2 nd 200m free, 400m free; 4 th 4x100m free relay
Junior Pan Pacs	Maui, USA	2005	1 st 50m, 100m, 200m, 4x100m, 4x200m free; 2 nd 400 free

TEAM O'NEILL

Alicia COUTTS

AGE **23**

NICKNAME	Couttsie
D.O.B	14/09/1987
BORN	Brisbane
LIVES	Canberra, ACT
PHYSICAL	176cm 72kg
CLUB/INSTITUTE	Redlands
TRAINS (POOL)	AIS, Canberra
COACH	John Fowlie
MAIN EVENT	200m IM 100 Free

PERSONAL BEST TIMES – Long Course (50m Pool)	
200m IM	– 2:09.70 – 2010 Commonwealth Games, Delhi
100m Freestyle	– 54.09 - 2010 Commonwealth Games, Delhi
100m Butterfly	– 57.53 - 2010 Commonwealth Games, Delhi
PERSONAL BEST TIMES – Short Course (25m Pool)	
200m IM	– 2:09.23 - 2009 Australian Short Course Championships
100m Free	– 55.03 – 2009 Australian Short Course Championships



OUT OF THE POOL

FAMILY MEMBERS	Mum (Julie) – Brother Matt and Brad
STUDIES/OCCUPATION	Part time receptionist
OTHER SPORTS PLAYED/PLAY	None
SUPERSTITIONS	None
ULTIMATE RELAXATION	Catching up with friends
SPECIALITY IN THE KITCHEN	Dessert
ONE THING YOU CAN'T LIVE WITHOUT	Friends and family

FAVOURITES

SPORTING TEAM	Australian Swim Team		
MOVIES	The Notebook		
TV SHOW	Grey's Anatomy		
BANDS/MUSIC	All types	HOLIDAY	Port Douglas
FOOD	Chocolate	DRINK	Purple Gatorade
SWIM MEET	Telstra Australian Swimming Championships		
HOBBIES	Shopping and going to the movies		
PETS	Cats – Tigerlilly, Tinkerbella and Bella		
PERSONAL FACT	Nothing I can think of.		

CAREER OBSTACLES	In July 2007 I had major abdominal surgery for an interception of the bowel and then in march 2009 had abdominal surgery again.
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My mum, she has always supported me.
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Dedicated, determined, honest
PROUDEST SWIMMING MOMENT	Winning 5 gold medals in Delhi
HOW WOULD YOU LIKE TO BE REMEMBERED	As someone who didn't give up and pushed myself to be the best I could be
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Not sure yet
FAVOURITE SWIMMER AND WHY?	Susie O'Neill – I have always looked up to her and wanted to be like her
WHEN DID YOU FIRST START SWIMMING AND WHY?	18 months because I use to want to swim in the next door neighbors pool
NOTABLE QUOTE	"Success isn't final, failure isn't fatal, it's courage that counts."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **0**

CAREER HIGHLIGHTS

Won five gold medals at the 2010 Commonwealth Games, including three individual in the 200m IM, 100m free and 100m fly
 Won bronze in the 100m butterfly at the 2010 Pan Pacs and two silver medals in the relay
 Won gold as a heat swimmer in the 4x100m medley relay at the Beijing Olympics and was 5th in the final of the 200m IM

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games	1 (heat swim)		
World Championships			
Commonwealth Games	5		
Pan Pacs		2	1
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing	2008	1 st 4x100m medley relay (HEAT) 5 th 200m IM
Comm Games	Delhi, India	2010	1 st 200m IM, 100m fly, 100m free, 4x100m free relay, 4x100m medley relay
Pan Pacs	Irvine, California	2010	2 nd 4x100m freestyle and medley relays, 3 rd 100m butterfly, 5 th 200m IM, 10 th 100m freestyle

TEAM O'NEILL

Nick FFROST

AGE **24**

NICKNAME	Frosty
D.O.B	14/08/1986
BORN	Mackay, QLD
LIVES	Gold Coast, QLD
PHYSICAL	174cm, 70kg
CLUB/INSTITUTE	Southport Olympic
TRAINS (POOL)	Southport
COACH	Glenn Baker
MAIN EVENT	200m Freestyle

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Freestyle	– 23.51 – 2006 QLD Titles
100m Freestyle	– 49.63 – 2009 Duel in the Pool
200m Freestyle	– 1:46.93 – 2009 World Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Freestyle	– 22.75 – 2007 Grand Prix
100m Freestyle	– 48.92 – 2007 Telstra Australian Short Course
200m Freestyle	– 1:45.12 – 2010 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Father – Peter, Mum – Gillian, Brother -Tim
STUDIES/OCCUPATION	Communications
OTHER SPORTS PLAYED/PLAY	Soccer, surfing
SUPERSTITIONS	None
ULTIMATE RELAXATION	Playing with my dog
SPECIALITY IN THE KITCHEN	Anything on the BBQ
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Loves a tan

FAVOURITES

SPORTING TEAM	Brisbane Broncos		
MOVIES	Remember the Titans		
TV SHOW	Entourage		
BANDS/MUSIC	Anything but Punk		
FOOD	Seafood and Thai	DRINK	Juice
INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU?	I fell off a balcony when I was young		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My parents and brother because they have helped shape me into who I am today		
WHAT OR WHO INSPIRES YOU?	Watching others perform well		
HOW WOULD YOU LIKE TO BE REMEMBERED	Like to have fun and a tough competitor		
NAME YOUR PAST COACHES	Vince Raleigh, Doug Frost, Pat Wright		
WHAT AGE DID YOU START SWIMMING AND WHY?	Around 10-11 and for fun		
FAVOURITE SWIMMER AND WHY?	Brenton Rickard because he's funny		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 1
2010 - 200m Freestyle

CAREER HIGHLIGHTS:

Won bronze in the 800m free relay as a heat swimmer in Rome
Won bronze in 4x200m free at 2008 Olympic Games
Won silver in 4x200m free (heat) at 2007 World Championships
Won 4x200m bronze at 2006 Commonwealth Games

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			1
World Championships			
Commonwealth Games	1		1
Pan Pacs			
World Short Course		1	2

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	3 rd 4x200m free
World Champs	Melbourne, Australia	2007	2 nd 4x200m free (heat swim)
	Rome, Australia	2009	3 rd 4x200m free (heat swim)
Comm Games	Melbourne, Australia	2006	3 rd 4x200m free; 8 th 200m free; 11 th 400m free
	Delhi, India	2010	1 st 4x200m free relay, 10 th 200m free
World Short Course	Shanghai, China	2006	2 nd 4x200m free; 8 th 200m free; 25 th 400m free
Pan Pacific Champs	Victoria, BC, Canada	2006	3 rd 4x200m free; 9 th 200m free; 15 th 400m free
	Irvine, California	2010	3 rd 4x200m free, 10 th 200m free, 16 th 100m free, 29 th 50m free,
Duel in the Pool	Sydney, Australia	2007	8 th 400m free

TEAM O'NEILL

Marieke GUEHRER

AGE **24**

NICKNAME	MG, Riekas
D.O.B	9/02/1986
BORN	Adelaide, SA
LIVES	Melbourne, VIC
PHYSICAL	185cm, 72kg
CLUB/INSTITUTE	Melbourne Vicentre
TRAINS (POOL)	MSAC
COACH	Ian Pope
MAIN EVENT	50m Butterfly

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m butterfly	– 25.48 – 2009 World Championships CR
100m butterfly	– 58.08 – 2009 Telstra Australian Championships
50m freestyle	– 24.87 – 2009 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m butterfly	– 24.69 – 2009 FINA World Cup – Berlin CR
50m freestyle	– 23.74 – 2009 FINA World Cup – Berlin CR
50m backstroke	– 25.98 – 2009 FINA World Cup CR
100m backstroke	– 56.97 – 2009 FINA World Cup AR



OUT OF THE POOL

FAMILY MEMBERS	Fiancé - Jason, Dad –Manfred, Mum – Meredith, Brothers –Michael and Martin
STUDIES/OCCUPATION	University studying an Arts major in International studies
ULTIMATE RELAXATION	Sleep and playing Wii
ONE THING YOU CAN'T LIVE WITHOUT	Oxygen
SPECIALITY IN THE KITCHEN	Schnitzel & desserts
FAVOURITE	
SPORTING TEAM	I don't really follow sport
TV SHOW	How I met your mother, Gossip Girl, Vampire Diaries
BANDS/MUSIC	Anything I can sing really loud
FOOD	Curry, prawns pizza
PROUDEST SWIMMING MOMENT	1 st WR – 50m butterfly SC at 2008 FINA world Cup
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My Family and Jason – he keeps me grounded
WHAT IS SOMETHING INTERESTING THAT PEOPLE DON'T KNOW ABOUT YOU?	I have an extra bone in my ankle that grew when I was about 10-11
HOW WOULD YOU LIKE TO BE REMEMBERED?	Fighting the good fight
PERSONAL AMBITIONS?	To never be bored
HAVE YOU ENCOUNTERED ANY OBSTACLES DURING YOUR CAREER?	Yes, I took some time away from the sport due to injuries
WHAT AGE DID YOU START SWIMMING AND WHY?	9yrs – decided Synchro wasn't for me
NOTABLE QUOTE	Citius altius fortius

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES:	2
2008, 09 - 50m Butterfly	
CAREER HIGHLIGHTS	
Won gold in the 50m fly at the 2009 Rome World Championships and bronze in the 400m freestyle relay	
Won gold in the 50m fly at the 2010 Pan Pacs	
Won the 2008 FINA World Cup tour in Berlin landing the biggest single payday in the history of Australian Swimming grabbing the \$US100,000 women's overall first prize finishing the series with 23 medals – 12 gold, 10 silver and one bronze winning over \$US135,000	
2010 - Won gold in the 4x100m free relay and silver in the 50m fly at the Commonwealth Games in Delhi	
Gold in the 50m fly at the 2010 Pan Pacs in a championship record time	
2009 - Won gold in the 50m fly at the Rome World Championships and bronze in the 400m freestyle relay	
Set two new long course Commonwealth records in the 50m fly, the first in the heats and then 25.60 in the final	
2008 - Broke the short course 50m fly world record at the final leg of the 2008 FINA World Cup tour in Berlin	
2007 - Was fourth in 50m fly and seventh in the 50m free at the Telstra Australian Short Course Championships in Melbourne	
2006 - Finalist in the 50m fly at the Telstra Commonwealth Games Trials in Melbourne	
2005 - Finished fourth in the 100m back, sixth in 50m back and seventh in the 50m fly at the Telstra Trials in Sydney	
2004 - Was second in the 100m back at the Telstra Olympic Team Selection Trials in Sydney	
Made her Australian team debut at the Athens Olympic Games in the 100m backstroke heats as a 17 year old	

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Athens	2004	100m back heats
World Champs	Rome, Italy	2009	1 st 50m fly, 3 rd 400m free relay, 14 th 100m free
Comm Games	Delhi, India	2010	1 st 4x100m free relay, 2 ^d 50m fly, 5 th 50m free
Pan Pacs	Irvine, California	2010	1 st 50m fly, 5 th 50m free, 14 th 100m fly, 13 th 100m free
World Short Course	Dubai, UAE	2010	3 rd 4x100m free relay, 6 th 100m free, 8 th 50m fly, 9 th 50m back, 10 th 50m free
Duel in the Pool	Canberra, ACT	2009	1 st 4x100m free, 2 nd 100m free, 3 rd 50m free, 5 th 4x100m medley relay

TEAM O'NEILL

Sarah KATSOU LIS

AGE 26

NICKNAME	Kat	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	10/05/1984	50m breaststroke – 30.16 - 2009 World Championships CR
BORN	Milton, NSW	100m breaststroke – 1:05.86 – 2009 World Championships
LIVES	Melbourne, VIC	200m breaststroke – 2:24.38 – 2010 Pan Pacs
PHYSICAL	174cm, 70kg	
CLUB/INSTITUTE	Nunawading/VIS	PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
TRAINS (POOL)	Nunawading	50m breaststroke – 29.50 - 2009 FINA World Cup - Singapore CR
COACH	Rohan Taylor	100m breaststroke – 1:03.73 – 2009 FINA World Cup - Singapore
MAIN EVENT	200m Breaststroke	200m breaststroke – 2:22.07 – 2009 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Mum – Sue, Dad – John, siblings Anthony, Tonja, and Kate, plus five neices
STUDIES/OCCUPATION	Degree in exercise science
OTHER SPORTS PLAYED/PLAY	Bike riding, Horse riding
ULTIMATE RELAXATION	Sitting on the beach at sunset
SPECIALITY IN THE KITCHEN	Meatballs with guacamole
ONE THING YOU CAN'T LIVE WITHOUT	Family

FAVOURITE

SPORTING TEAM	Hawthorn, AFL
MOVIES	The Hangover, Love Actually
TV SHOW	How I met your Mother
BANDS/MUSIC	All good music CDs Snow Patrol
HOBBIES	Going to the beach, reading, rock climbing
FOOD	Homemade Pizza
PETS	Misti the cat

WHAT'S YOUR PROUDEST SWIMMING MOMENT?	2009 World Champs, representing Australia on the dais
CAREER OBSTACLES?	2 ankle operations and an emergency appendectomy
HOW WOULD YOU LIKE TO BE REMEMBERED?	As a caring person
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My partner Dave, family and coach – they have taught me a lot through life and are always there for me
PERSONAL AMBITIONS	To finish Uni
WHAT AGE DID YOU START SWIMMING AND WHY?	14 competitively, I was doing well in school swimming and had always loved the water
FAVOURITE SWIMMER AND WHY?	Grant Hackett, he is very inspirational
NOTABLE QUOTE	"It's not the victories, but the defeats that strengthen a person."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 1
2009 – 50m Breaststroke

CAREER HIGHLIGHTS

Won bronze in the 50m breast and silver in the 4x100m medley relay at the 2009 World Championships both in Commonwealth record time. Broke the Commonwealth record for the 50m breast at both the 2009 Telstra Australian Short Course Championships in Hobart and 2009 FINA World Cup in Singapore. Two silver and a bronze from two World Short Course Championships. Won two bronze at 2006 Pan Pacific Championships.

2010 - Won bronze in the 100m breaststroke at the 2010 Pan Pacs. Bronze medallist in the 200m breaststroke at the Commonwealth Games.

2009 – Won bronze in the 50m breast and silver in the 400m medley relay at the 2009 World Championships in Commonwealth record time. Won the 50m breast at the Australian Championships and came 2nd in the 200m and 3rd in the 100m.

2008 - Was third in 100m and 200m breast and fourth in 50m breast at the Telstra Australian Championships. Won silver in 50m breast and 4x100m medley, was fourth in 100m breast and 11th in 200m breast at FINA World Short Course.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Champs	Barcelona, Spain	2003	17 th 200m breast
	Rome, Italy	2009	2 nd 400m medley relay, 3 rd 50m breast, 4 th 100m breast
Comm Games	Manchester, England	2002	7 th 50m breast
	Delhi, India	2010	3 rd 200m breast, 4 th 100m breast, 5 th 50m breast
World Short Course	Indianapolis, USA	2004	3 rd 200m breast
	Manchester, England	2008	2 nd 50m breast, 4x100m medley; 4 th 100m breast; 11 th 200m breast
	Dubai, UAE	2010	3 rd 4x100m medley (hs), 6 th 100m breast, 8 th 50m breast, 9 th 200m breast
Pan Pacific Champs	Victoria, BC, Canada	2006	3 rd 100m breast, 4x100m medley; 7 th 200m breast
	Irvine, California	2010	3 rd 100m breast, 6 th 200m breast, 10 th 50m breast
Duel in the Pool	Indianapolis, USA	2003	4 th 100m, 200m breast
	Canberra, Australia	2009	1 st 4x100m medley, 2 nd 100m breast; 3 rd 200m breast
World Uni Games	Bangkok, Thailand	2007	2 nd 50m, 100m breast; 7 th 200m breast, 4x100m medley

TEAM O'NEILL

Andrew LAUTERSTEIN

AGE **23**

NICKNAME	Lauto, Silky	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	22/05/1987	50m Butterfly – 23.10 – 2009 Rome World Championships
BORN	Melbourne, VIC	100m Butterfly – 50.85 – 2009 Rome World Championships AR
LIVES	Sydney, NSW	50m Freestyle – 22.24 – 2008 Seven Hills Meet
PHYSICAL	189cm, 90kg	100m Freestyle – 48.45 – 2008 Telstra Australian Championships
CLUB/INSTITUTE	SOPAC/NSWIS	PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
TRAINS (POOL)	SOPAC/ITAC	50m Butterfly – 22.70 – 2009 World Cup - Stockholm
COACH	Grant Stoelwinder	100m Butterfly – 49.54 – 2009 World Cup – Stockholm / Berlin
MAIN EVENT	50,100m Butterfly	100m Freestyle – 47.59 – 2009 World Cup - Berlin



OUT OF THE POOL

FAMILY MEMBERS	Mum – Anne, Dad – George, Siblings Michael and Sarah
HOBBIES	Goal umpiring
OTHER SPORTS PLAYED/PLAY	Football, baseball
SUPERSTITIONS	Don't swim in Lane 9 or 0 at training
STUDIES	Diploma of fitness through FIA
SPECIALITY IN THE KITCHEN	Chicken parma and sweet potato chips with salad
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Cool, calm, collected
FAVOURITES	
SPORTING TEAM	Melbourne Storm, Kangaroos
TV SHOW	Entourage
BANDS/MUSIC	Steve Bug, Dixon
FOOD	Thai DRINK Milo
INTERESTING PERSONAL FACT	Represented Victoria in both AFL and Baseball when growing up.
NAME YOUR PAST COACHES	Glenn Baker
CAREER OBSTACLES	Shoulder Surgery in 2008. Health issues throughout 2010
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My Parents - Supporting me every step of the way, without ever putting me under any pressure.
PROUDEST SWIMMING MOMENT	Celebrating my bronze medal in the 100 Fly - Beijing.
MOST FAMOUS PERSON YOU HAVE MET	Lebron James.
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Somehow stay involved in sport or the fitness industry.
FAVOURITE SWIMMER AND WHY?	Therese Alshammar - Ultimate professional and loves what she does.
WHEN DID YOU FIRST START SWIMMING AND WHY?	Year 4...I was pushed in the pool and told to swim butterfly to the other end..I got out halfway crying.
INTERESTING PERSONAL FACT	Represented Victoria in both AFL and Baseball when growing up.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **4**
2008, 09, 10 – 100m Butterfly, 2009- 50m Butterfly,

CAREER HIGHLIGHTS

Won silver in 4x100m medley and bronze in 100m fly and 4x100m free at the 2008 Olympic Games
Finished 5th in the 100m fly and won bronze 4x100m medley relay at the 2009 World Championships in Rome

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games		1	2
World Championships	1		1
Commonwealth Games	1 (Heat swim)		
Pan Pacs			1
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	2 nd 4x100m medley; 3 rd 100m fly, 4x100m free
World Champs	Montreal, Canada	2005	6 th 4x100m medley; 14 th 100m back; 19 th 50m back
	Melbourne, Australia	2007	1 st 4x100m medley; 5 th 4x100m free; 15 th 100m fly
	Rome, Italy	2009	3 rd 4x100m medley relay, 5 th 100m fly, 8 th 4x100m free relay, 10 th 50m fly
Comm Games	Melbourne, Australia	2006	1 st 4x100m medley (heat swim); 6 th 50m, 100m back
	Delhi, India	2010	9 th 50m butterfly, DNS 100m butterfly
Pan Pacific Champs	Victoria, BC, Canada	2006	3 rd 4x100m medley; 10 th 100m fly; 11 th 100m back
	Irvine, CA	2010	12 th 50m, 100m fly, 26 th 100m free,
Duel in the Pool	Irvine, USA	2005	5 th 100m back
	Sydney, Canberra, Australia	2007	2 nd 4x100m free; 4 th 100m fly
		2009	1 st 50m free, 1 st 100m fly, 1 st 4x100m relay, 2 nd 4x100m medley relay
Junior Pan Pac Champs	Maui, USA	2005	1 st 100m fly, 4x100m free; 2 nd 4x100m medley; 3 rd 100m back
Oceania	Suva, Fiji	2004	1 st 100m back, 4x100m

TEAM O'NEILL

Grace LOH

AGE **19**

NICKNAME	G.Loh
D.O.B	01/08/1991
BORN	Kew, VIC
LIVES	Balwyn, VIC
PHYSICAL	165cm 60kg
CLUB/INSTITUTE	Melbourne Vicentre
TRAINS (POOL)	MSAC
COACH	Ian Pope
MAIN EVENT	50m 100m Back

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Backstroke	– 28.45 - 2010 Pan Pacs
100m Backstroke	– 1:01.34 - 2010 Telstra Australian Champs
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m Backstroke	– 27.38 - 2010 Telstra Australian Short Course
100m Backstroke	– 58.36 - 2010 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Mum (Joyce) – Dad (Michael) Sister (Chloe)
STUDIES/OCCUPATION	Commerce at Melbourne Uni
OTHER SPORTS PLAYED/PLAY	-
SUPERSTITIONS	None
ULTIMATE RELAXATION	Hanging with my family
SPECIALITY IN THE KITCHEN	Vegemite on toast
ONE THING YOU CAN'T LIVE WITHOUT	My family

FAVOURITES

SPORTING TEAM	St Kilda FC		
MOVIES	Finding Nemo		
TV SHOW	Grey's Anatomy		
BANDS/MUSIC	Akon, Timberland	HOLIDAY	Northern QLD
FOOD	Lasagna	DRINK	Lemon, lime bitters
SWIM MEET	Australian Age Nationals		
HOBBIES	Eating out, movies, shopping		
PETS	Fish - Fishy		
INTERESTING PERSONAL FACT	I don't eat vegetables		

CAREER OBSTACLES	Not yet
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My dad
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Fun, fun, fun
PROUDEST SWIMMING MOMENT	Winning at Junior World Champs
MOST FAMOUS PERSON YOU HAVE MET	Grant Hackett
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Travel (tourist style)
FAVOURITE SWIMMER AND WHY?	Michael Klim
WHEN DID YOU FIRST START SWIMMING AND WHY?	Three, to learn to swim
NOTABLE QUOTE	"Do all things well."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **0**

CAREER HIGHLIGHTS

Finished third in the 50m backstroke at the 2010 Australian Championships to qualify for the Pan Pacs team
 Won gold in the 50m and 100m backstroke at the 2008 FINA Junior World Championships
 Won silver in the 100m backstroke at the 2009 Junior Pan Pacs

2010 - Finished third in the 50m backstroke at the Australian Championships to qualify for the Pan Pacs team
 Was 6th in the 50m backstroke at the 2010 Pan Pacs in her first major international final

2009 - Won silver in the 100m backstroke at the Junior Pan Pacs

2008 - Won gold in the 50m and 100m backstroke at the FINA Junior World Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Commonwealth Games	Delhi, India	2010	5 th 50m backstroke
Pan Pacs	Irvine, California	2010	6 th 50m back, 17 th 100m back,
2008 FINA Junior World Championships	Monterrey, Mexico	2008	1 st 100m, 50m backstroke 2 nd 4x100m medley relay
2009 Junior Pan Pacs	Guam	2009	2 nd 100m backstroke, 3 rd 4x100m medley relay

TEAM O'NEILL

Te Haumi MAXWELL

AGE 16



NICKNAME	Tsunami
D.O.B	15/08/1994
BORN	New Zealand
LIVES	Sydney
HEIGHT / WEIGHT	1.90 m / 78 kg
CLUB/INSTITUTE	NSWIS SOPAC
TRAINS (POOL)	SOPAC
COACH	Brant Best
MAIN EVENT	50m & 100m Free

PERSONAL BEST TIMES – Long Course (50m Pool)
50m Freestyle - 22.48 - 2010 Junior Pan Pacs
100m Freestyle - 50.67 - 2010 Telstra Australian Championships
PERSONAL BEST TIMES – Short Course (25m Pool)
50m Freestyle - 21.97 - 2010 State Teams Age Short Course
100m Freestyle - 49.09 - 2010 State Teams Age Short Course

OUT OF THE POOL

FAMILY MEMBERS	Rob and Rita
STUDIES/OCCUPATION	Year 11 at Newington College
OTHER SPORTS PLAYED/PLAY	No time
SUPERSTITIONS	I wear my goggles upside down for good luck
ULTIMATE RELAXATION	Time out with friends
SPECIALITY IN THE KITCHEN	French toast and Bacon n Eggs
ONE THING YOU CAN'T LIVE WITHOUT	My ipod

FAVOURITES

SPORTING TEAM	Bulldogs		
MOVIES	Rush Hour Series		
TV SHOW	Big Bang Theory		
BANDS/MUSIC	Swedish House Mafia	HOLIDAY	I like to shop and you can't go past Hong Kong
FOOD	Pasta, Pizza, ice cream	DRINK	Banana Smoothies with lots of ice cream
SWIM MEET	Junior Pan Pacs Maui 2010		
HOBBIES	Model cars, Reading		
PETS	No		
INTERESTING PERSONAL FACT	I always wear my goggles upside down when I race		
NAME YOUR PAST COACHES	Shane Dowell (My first coach) John Bladon		
CAREER OBSTACLES	Pathways HSC Exams in 2012		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	The awesome commitment, support and enormous sacrifices made by my parents to ensure I have a balanced and all rounded family life and character of substance, first in education and the support of others.		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Open, friendly and loyal		
PROUDEST SWIMMING MOMENT	Breaking the 50m Freestyle record at the Junior Pan Pacs in Maui 2010		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Medical Degree		
FAVOURITE SWIMMER AND WHY?	Grant Hackett – He's a great role model in and out of the pool.		
WHEN DID YOU FIRST START SWIMMING AND WHY?	I started swim training at the age of 9		
NOTABLE QUOTE	'Swim like you train.'		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won two silver medals in the 50m freestyle and 4x100m freestyle relay at the 2010 Junior Pan Pacs. He broke the Australian Age record for 15-year-old boys in the semi-final of the 50m freestyle at the Junior Pan Pacs, stopping the clock at 22.48.

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS			
MEET	LOCATION	YEAR	RESULTS
Junior Pan Pacs	Hawaii	2010	2 nd 50m freestyle and 4x1000m free relay

TEAM O'NEILL

Emma McKEON

AGE 16

NICKNAME	Em
D.O.B	24/05/1994
BORN	Wollongong
LIVES	Wollongong
HEIGHT/WEIGHT	170cm,48kg
CLUB/INSTITUTE	West's Illawarra
TRAINS (POOL)	Wollongong Uni
COACH	Ron McKeon
MAIN EVENT	50,100, 200 Free

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m freestyle	– 25.19 – 2010 Australian Age Championships
100m freestyle	– 55.37 – 2010 Youth Olympic Games
200m freestyle	– 2:00.23 – 2010 Australian Age Championships
100m butterfly	– 1:01.40 – 2010 Australian Age Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m freestyle	– 24.73 – 2010 Australian Short Course Champs
100m freestyle	– 54.74 – 2010 Australian Short Course Champs
200m freestyle	– 1:59.97 – 2010 Australian Short Course Champs



OUT OF THE POOL

FAMILY MEMBERS Dad – Ron, Mum – Susie, Brother-David, Sister Kaitlin

STUDIES/OCCUPATION High school

OTHER SPORTS PLAYED/PLAY Dance, Basketball

SUPERSTITIONS None

ONE THING YOU CAN'T LIVE WITHOUT Music

FAVOURITES

TV SHOW Modern Family

BANDS/MUSIC iPod **HOLIDAY** Hawaii

FOOD Ice Cream, Chocolate, Mango **DRINK** Red soft-drink

SWIM MEET 2010 Youth Olympics

HOBBIES Surf, Beach

WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY? Mum and Dad

HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS Happy, fun, quiet

PROUDEST SWIMMING MOMENT Silver in the 100m free at the 2010 Australian Short Course Championships

MOST FAMOUS PERSON YOU HAVE MET Susie O'Neil

HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA Emma's father (Ron McKeon) represented Australia in swimming at the 1980 Moscow Olympics and 1984 Los Angeles Olympics. Her mother (Susie McKeon nee Woodhouse) competed in swimming at the 1982 Brisbane Commonwealth Games in the 200 butterfly. Emma's uncle Robert Woodhouse competed in the 1984 Los Angeles Olympic Games (bronze 400 IM) and the 1988 Seoul Olympic Games as well as three Commonwealth Games.

FAVOURITE SWIMMER AND WHY? Libby Trickett, always happy and smiling

WHEN DID YOU FIRST START SWIMMING AND WHY? As a baby, my parents own a learn to swim school. Started swimming competitively at 12

NOTABLE QUOTE

IN THE POOL

CAREER HIGHLIGHTS

Won a bronze medal as a heat swimmer in the 4x100m medley relay at the 2010 World Short Course Championships in Dubai.
A finalist in the women's 100m freestyle at the World Short Course
Won silver at the 2010 Australian Short Course Championships in the 100m freestyle to earn selection onto the team for the World Championships in Dubai
Won gold, silver and two bronze at the 2010 Youth Olympic Games in Singapore
Won three silver at the 2010 Junior Pan Pacs in Hawaii
Won four gold and two silver at the 2010 Australian Age Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Short Course	Dubai, UAE	2010	3 rd 4x100m medley relay (hs)9 th 50m free, 8 th 100m free, 4 th 4x100m free relay,
Youth Olympic Games	Singapore	2010	1 st 4x100m medley relay, 2 nd 100m fly, 3 rd 50, 100m free
Junior Pan Pacs	Maui, Hawaii	2010	2 nd 4x100m freestyle relay, 2 nd 100m free, 3 rd 200m free, 2 nd 50m free

TEAM O'NEILL

Travis NEDERPELT

AGE 25

NICKNAME	T Dog
D.O.B	10/06/1985
BORN	Perth
LIVES	Perth
HEIGHT / WEIGHT	184cm/78kg
CLUB/INSTITUTE	City of Perth/WAIS
TRAINS (POOL)	Beatty Park
COACH	Matt Magee
MAIN EVENT	200Fly/200IM

PERSONAL BEST TIMES – Long Course (50m Pool)
200 Butterfly - 1:56.06 – 2008 Telstra Australian Championships
200IM - 2:00.29 – 2010 QLD Championships
400IM - 4:15.37 – 2008 Olympic Games
PERSONAL BEST TIMES – Short Course (25m Pool)



OUT OF THE POOL

FAMILY MEMBERS (Eg. Dad - Barry)	Mum – Cheryl, Dad – Rudy, Brothers – Duncan, Warren, Michael, Jarrad, Andrew, Sisters – Jocelyn, Katrina, Kimberley
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STUDIES/OCCUPATION	Work for Carlton United
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OTHER SPORTS PLAYED/PLAY	Surf Lifesaving
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SUPERSTITIONS	None
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ULTIMATE RELAXATION	Scuba Diving
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SPECIALITY IN THE KITCHEN	Steak
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ONE THING YOU CAN'T LIVE WITHOUT	My Fiance Nikita
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FAVOURITES

SPORTING TEAM	West Coast Eagles
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MOVIES	Pulp Fiction
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TV SHOW	Dexter
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BANDS/MUSIC	AM talk back radio	HOLIDAY	Anywhere that has scuba diving
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FOOD	Pizza	DRINK	Cola Beer
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SWIM MEET	The Duel in the pools we did with USA
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HOBBIES	Scuba Diving
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INTERESTING PERSONAL FACT	Engaged to get married as soon as I finished swimming.
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NAME YOUR PAST COACHES	Bernie Mulroy, Ian Pope
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CAREER OBSTACLES	Getting up at 4:30am
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WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	All my friends and family
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HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Honest, Loyal, Fun
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PROUDEST SWIMMING MOMENT	When I saw how proud my parents were of me making my first World Championships team.
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MOST FAMOUS PERSON YOU HAVE MET	Matt Magee
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HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	My brother Jarrad competed in Open water at the Oceana's
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WHAT WOULD YOU LIKE TO DO POST SWIMMING	Sleep in and have some energy
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FAVOURITE SWIMMER AND WHY?	Grant Hackett, was the toughest swimmer for the longest time
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WHEN DID YOU FIRST START SWIMMING AND WHY?	Mum made me
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IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 5
1- 800m freestyle (02); 3 – 200m butterfly (05, 06, 07); 1 – 400m individual medley (06)

CAREER HIGHLIGHTS

Olympic finalist in the 400IM in 2004 and has competed at three FINA World Championships and claimed silver and bronze at lone Commonwealth Games
Won bronze in 10km open water and was fourth in 200m fly and 400m IM at 2006 Pan Pacific Championships
He won his first National title at age 16 in 2002 and has won 20 gold medals at Australian Age Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Athens	2004	8th 400m IM; 17th 200m fly
World Championships	Barcelona	2003	8th 200m butterfly
	Montreal	2005	9th 200m butterfly, 14th 400m IM
	Melbourne	2007	13th 200m fly, 400m IM
Commonwealth Games	Melbourne	2006	2nd 200m fly; 3rd 400m IM; 7th 1500m free
Pan Pacs	Victoria, BA	2006	3rd 10km; 4th 200m fly, 400m IM; 9th 200m IM

TEAM O'NEILL

Christian SPRENGER

AGE **25**

NICKNAME	Sprenger
D.O.B	19/12/1985
BORN	Brisbane, QLD
LIVES	Brisbane, QLD
PHYSICAL	196cm, 91kg
CLUB/INSTITUTE	Commercial QAS
TRAINS (POOL)	Chandler
COACH	Stephan Widmer
MAIN EVENT	100, 200m Breast

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Breaststroke	– 27.63 – 2009 AIS Meet
100m Breaststroke	– 59.52 – 2009 World Championships
200m Breaststroke	– 2:07.31 – 2009 World Championships WR
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Breaststroke	– 26.60 – 2009 Telstra Australian Short Course AR
100m Breaststroke	– 58.05 – 2008 World Cup Moscow
200m Breaststroke	– 2:01.98 – 2009 Australian Short Course CR



OUT OF THE POOL

FAMILY MEMBERS	Dad – Michael Brother – Ben	Mum – Sharon Sister – Samantha
STUDIES/OCCUPATION	Industrial Design (QUT)	
OTHER SPORTS PLAYED/PLAY	Soccer	
SUPERSTITIONS	Don't really have any	
ULTIMATE RELAXATION	A movie in Bed	
SPECIALITY IN THE KITCHEN	Bacon & Eggs	
ONE THING YOU CAN'T LIVE WITHOUT	Lollies	

FAVOURITES

SPORTING TEAM	Telstra Dolphins	
MOVIES	Zoolander, Ironman	
TV SHOW	The Simpsons, How I met your mother	
BANDS/MUSIC	Any rock	Holiday ANY!
FOOD	KFC, Pizza	DRINK Coke
SWIM MEET	Australian Short Course Championships	
HOBBIES	Designing, Collecting Movies	
PETS	Tiger would be cool!	
INTERESTING PERSONAL FACT	I was kicked out of Learn to swim because I would scream too loud...Apparently I didn't want to be there..	
NAME YOUR PAST COACHES	Michael Bohl, Stephan Widmer	
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Be part of a Design firm	
FAVOURITE SWIMMER AND WHY?	Kosuke Kitajima because of his attitude and strength	
WHEN DID YOU FIRST START SWIMMING AND WHY?	I started swimming at the age of 6 because my older brother showed some talent for it.	
NOTABLE QUOTE	"Don't let anyone tell you that you're not good enough."	

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **2**
2009 – 100, 200m Breaststroke

CAREER HIGHLIGHTS

Set a world record in the 200m breast semifinal at the 2009 World Championships before going on to win bronze in a dead heat
Won silver and bronze at the 2010 Commonwealth Games in Delhi
Set a short course world record for the 200m breast in Hobart in 2009
Won silver (heat swimmer) in the 4x100m medley at the 2008 Olympics
Won gold as a heat swimmer in medley relay and was a finalist in 50m, 100m and 200m breaststroke at 2006 Commonwealth Games

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			
World Championships			1
Commonwealth Games		1	1
Pan Pacs		1	1
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	2 nd 4x100m medley (heat swim); 14 th 100m breast; 26 th 200m breast
World Champs	Rome, Italy	2009	3 rd 200m breast, 3 rd 400m medley relay (heat swim) 16 th 100m breast, 37 th 50m breast,
Comm Games	Melbourne, Australia	2006	1 st 4x100m medley (heat swim); 6 th 50m, 100m breast; 8 th 200m breast
	Delhi, India	2010	2 nd 100m breast, 3 rd 200m breast 4 th 50m breast
Pan Pacs	Irvine, California	2010	2 nd 100m breast, 3 rd 4x100m medley relay, 11 th 200m & 50m breast
World Short Course	Shanghai, China	2006	1 st 4x100m medley (heat swim); 18 th 50m, 100m breast; 20 th 200m breast
	Dubai, UAE	2010	12 th 100m breast, 23 rd 50m breast, 24 th 200m breast
Japan Swim Meet	Chiba, Japan	2007	2 nd 100m breast; 3 rd 4x100m medley; 11 th 200m breast
Duel in the Pool	Canberra, Australia	2009	3 rd 100m breast, 4 th 200m breast, 2 nd 4x100m medley relay

TEAM O'NEILL

Kelly STUBBINS

AGE 26

NICKNAME	Kel
D.O.B	24/3/1984
BORN	Melbourne
LIVES	Melbourne
PHYSICAL	179cm, 75kgs
CLUB/INSTITUTE	Haileybury /VIS
TRAINS (POOL)	Haileybury college
COACH	Wayne Lawes
MAIN EVENT	100 and 200m Free

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m freestyle	– 25.65 – 2009 Australian Championships
100m freestyle	– 55.41 – 2010 Australian Championships
200m freestyle	– 1:58.73 – 2009 Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m freestyle	– 25.21 – 2009 Australian Short Course
100m freestyle	– 53.72 – 2009 Australian Short Course
200m freestyle	– 1:55.34 – 2009 FINA World Cup Singapore



OUT OF THE POOL

FAMILY MEMBERS	Mum – Rhonda, Dad – Jon, Sister – Nikki
STUDIES/OCCUPATION	Studying Psychology at Deakin
ULTIMATE RELAXATION	Sleeping
SPECIALITY IN THE KITCHEN	Surprise pasta
ONE THING YOU CAN'T LIVE WITHOUT	Phone

FAVOURITES

SPORTING TEAM	Sydney Swans		
MOVIES	Twilight		
TV SHOW	Criminal minds		
BANDS/MUSIC	Paramore	CDs	Californication
FOOD	Spaghetti Bolognese	DRINK	Apple, banana and mango juice
SWIM MEET	World Cup		
HOBBIES	Reading		
PETS	Rabbit called Life and Black cat called Death		
LAST BOOK READ	Breath, Tim Winton		

HOW WOULD YOU LIKE TO BE REMEMBERED?	Good friend, great swimmer
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My coach for his unwavering support
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Try my best
PERSONAL AMBITIONS	To become a criminal psychologist
MOST FAMOUS PERSON YOU HAVE MET	Michael Phelps
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	My sister represented Victoria in swimming
INTERESTING PERSONAL FACT	I have a degree in biology
FAVOURITE SWIMMER AND WHY?	Ash Callus for being at the top of his sport for so long
FAVOURITE ATHLETE AND WHY?	David Beckham – no reason

NOTABLE QUOTE	“Respect all, fear none.”
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IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won gold in the 4x200m freestyle relay at the 2006 Commonwealth Games.
Won silver in the 4x200m freestyle relay at the 2006 Pan Pacs

2010 – Gained selection onto the Pan Pacs team for her performances in the women’s 100m freestyle final at the Telstra Australian Championships

2006 – Won gold in the 4x200m relay at the Commonwealth Games in her home town of Melbourne and silver in the same event at the Pan Pacific Championships in Montreal. Was also a bronze medallist in the 4x100m freestyle relay at the Pan Pacs

2006 – Won gold in the 4x100m medley relay at the 2004 Oceania Swimming Championships in Fiji

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Commonwealth Games	Melbourne, Australia	2006	1 st 4x200m free relay
Pan Pacs	Victoria, Canada	2006	2 nd 4x200m free relay, 3 rd 4x100m freestyle
	Irvine, California	2010	12 th 100m free, 11 th 200m free
World Short Course Championships	Manchester, England	2008	2 nd 4x100m free relay, 3 rd 4x200m free relay
	Dubai, UAE	2010	2 nd 4x200m free relay
Oceania Swimming Championships	Suva, Fiji	2004	1 st 4x100m medley

TEAM O'NEILL

Kris TAYLOR

AGE **22**

NICKNAME	Toff, Possum
D.O.B	16/02/1988
BORN	Perth
LIVES	Perth
HEIGHT / WEIGHT	185cm/86kg
CLUB/INSTITUTE	Southside Penrhos Wesley
TRAINS (POOL)	Wesley College
COACH	Nick Watkins
MAIN EVENT	100 Freestyle

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Freestyle	– 23.55 – 2010 Australian Championships
100m Freestyle	– 50.64 – 2010 Australian Championships
200m Freestyle	– 1:50.79 – 2010 Queensland Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
50m Freestyle	– 22.22 – 2010 Australian Short Course
100m Freestyle	– 48.62 – 2010 Australian Short Course
200m Freestyle	– 1:48.73 – 2010 Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad – Nick, Mum – Marian, Brother – Alex
STUDIES/OCCUPATION	Studying Engineering and Commerce.
OTHER SPORTS PLAYED/PLAY	Rugby, Water polo, Athletics, Football, Hockey
SUPERSTITIONS	Karma
ULTIMATE RELAXATION	Fishing up in northern WA
SPECIALITY IN THE KITCHEN	Indian curries
ONE THING YOU CAN'T LIVE WITHOUT	Foam roller

FAVOURITES

SPORTING TEAM	Wallabies, Western Force, Fremantle Dockers,
MOVIES	Lord of the Rings, Avatar, the Bourne trilogy,
TV SHOW	Family Guy, American Dad, How I Met your Mother
BANDS/MUSIC	Bag Raiders, Miami Horror
FOOD	Pad Thai,
SWIM MEET	Australian Championships
HOBBIES	Fishing
PETS	A Staffy cross Blue Heeler called Caleb and a Cat named Sam
INTERESTING PERSONAL FACT	I swam for a season with most of the cartilage torn off my shoulder before finally having it diagnosed and operated on.

CAREER OBSTACLES	Shoulder surgery 2 years ago
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Parents because they have always done their best to bring me up to be all that I could be.
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Determined, Committed and Loyal
PROUDEST SWIMMING MOMENT	Making the 50 free final at SC Nationals
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	My mother won bronze with the Australian Water Polo Team at the 98 World Swimming Championships
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Finish my degree and travel
FAVOURITE SWIMMER AND WHY?	Skippy. He came back after so long out of the sport and he's doing so well.
WHEN DID YOU FIRST START SWIMMING AND WHY?	As soon as I could.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

A FINA World Cup 100m freestyle finalist and West Australian sprint freestyle champion

Captained by five-time World Champion **Matt Welsh**

Angie Bainbridge
Craig Calder
Ashley Callus
Ashley Delaney
Thomas Fraser-Holmes
Belinda Hocking
Robert Hurley
Leisel Jones
James Magnussen
Meagen Nay
Kotuku Ngawati
Alexandra Purcell
Stephanie Rice
Chris Wright
Rohan Taylor - Coach
Michael Bohl - Coach

TEAM WELSH

TEAM WELSH

Angie BAINBRIDGE

AGE **21**

NICKNAME	Ang
D.O.B	16/10/1989
BORN	Newcastle
LIVES	Canberra, ACT
PHYSICAL	181cm 61kg
CLUB/INSTITUTE	Hunter, AIS
TRAINS (POOL)	AIS, Canberra
COACH	Shannon Rollason
MAIN EVENT	100m, 200m Free

PERSONAL BEST TIMES – Long Course (50m Pool)	
100m Freestyle	– 55.01 - 2008 Telstra Australian Championships
200m Freestyle	– 1:58.11 - 2008 Telstra Australian Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
100m Freestyle	53.02 - 2008 AIS Swim Meet
200m Freestyle	1:55.50 - 2008 AIS Swim Meet



OUT OF THE POOL

FAMILY MEMBERS	Mum (Lyn) – Dad (Ian) - Brother (Wes) - Sister (Lindsay)		
STUDIES/OCCUPATION	Primary school teaching at the University of Canberra		
OTHER SPORTS PLAYED/PLAY	Netball, surf lifesaving		
SUPERSTITIONS	None		
ULTIMATE RELAXATION	Watching TV		
SPECIALITY IN THE KITCHEN	Nothing really, bit hopeless		
ONE THING YOU CAN'T LIVE WITHOUT	Food		
FAVOURITES			
SPORTING TEAM	Parramatta Eels		
MOVIES	Twilight New Moon		
TV SHOW	Cougar Town		
BANDS/MUSIC	Everything	HOLIDAY	Airlie Beach
FOOD	Spaghetti	DRINK	Coke
SWIM MEET	Too many to choose		
HOBBIES	Shopping		
PETS	Two Pugs – Dixie and Brian		
INTERESTING PERSONAL FACT	Nothing I can think of...		
CAREER OBSTACLES	Not yet		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Parents		
WHAT IS ONE THING YOU CANNOT LIVE WITHOUT?	Food		
PROUDEST SWIMMING MOMENT	Olympic Games		
MOST FAMOUS PERSON YOU HAVE MET	Brenton Rickard		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	Sister – rowing – brother surfing		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Primary school teacher		
FAVOURITE SWIMMER AND WHY?	Michael Phelps – amazing		
WHEN DID YOU FIRST START SWIMMING AND WHY?	Two – didn't want to drown at the beach		
NOTABLE QUOTE	"Go for broke."		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **0**

CAREER HIGHLIGHTS

Won a gold medal for her heat swim in the 4x200m freestyle at the Beijing Olympics
 Won silver for her part in the 4x100m and bronze in the 4x200m freestyle relays at the 2008 World Short Course Championships

2010 – Finished fourth in 100m freestyle at the 2010 Telstra Australian Swimming Championships – earning a place on the team for the relay for Pan Pacs

2009 – Semi Finalist in the 100m freestyle at the 2009 Telstra Australian Swimming Championships

2008 – Won bronze in the 200m freestyle at the 2008 Telstra Australian Swimming Championships and Olympic Trials
 Won silver in the 4x100m relay and bronze in the 4x200m relay at the World Short Course in Manchester

2005 – Finished 5th in the 400m IM at the 2005 Junior Pan Pacs

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing	2008	1 st 4x200m freestyle (HEAT)
Pan Pacs	Irvine, California	2010	
World Short Course	Manchester	2008	2 nd 4x100m, 3 rd 4x200m freestyle
Junior Pan Pacs	Maui, USA	2005	5 th 400m IM

TEAM WELSH

Craig CALDER

AGE **24**

NICKNAME	Craigy
D.O.B	08/05/1986
BORN	Wodonga
LIVES	Canberra, ACT
CLUB/INSTITUTE	Albury SC
TRAINS (POOL)	AIS, Canberra
COACH	Shannon Rollason
MAIN EVENT	200m Breast

PERSONAL BEST TIMES – Long Course (50m Pool)	
50m Breaststroke	– 29.09 – 2009 Telstra Australian Championships
100m Breaststroke	– 1:02.31 – 2010 Australian Championships
200m Breaststroke	– 2:12.30 – 2010 Australian Championships
PERSONAL BEST TIMES – Short Course (25m Pool)	
100m Breaststroke	59.70 2009 Telstra Short Course
200m Breaststroke	2:07.30 2009 FINA World Cup - Singapore



OUT OF THE POOL

FAMILY MEMBERS	Mum – Dad
STUDIES/OCCUPATION	Commerce at the University of Canberra
OTHER SPORTS PLAYED/PLAY	(ha) No time
SUPERSTITIONS	None
ULTIMATE RELAXATION	Catching up with friends
SPECIALITY IN THE KITCHEN	Random stir fry's
ONE THING YOU CAN'T LIVE WITHOUT	Sugar

FAVOURITES

SPORTING TEAM	-
MOVIES	Transformers
TV SHOW	Top Gear
BANDS/MUSIC	Grinspoon
FOOD	Anything
SWIM MEET	Santa Clara – California
HOBBIES	Eating and sleeping
PETS	No
INTERESTING PERSONAL FACT	I can't do a sit up
CAREER OBSTACLES	Slow times
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Friends
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Dedicated, honest, fun
PROUDEST SWIMMING MOMENT	Winning the Paris Open in 2009
MOST FAMOUS PERSON YOU HAVE MET	Cadel Evans
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	As much as I can
FAVOURITE SWIMMER AND WHY?	Admire them all
WHEN DID YOU FIRST START SWIMMING AND WHY?	12-years-old because my junior water polo comp failed
NOTABLE QUOTE	"The expert dedicates his life to training with the purpose of winning competitions. The master dedicates his training to life."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **0**

CAREER HIGHLIGHTS

Won silver in the 200m breaststroke at the 2010 Telstra Australian Swimming Championships to gain selection on the Commonwealth Games and Pan Pacs team
Was part of the 4x100m medley relay team that placed 4th at the 2008 World Short Course Championships

2010 – Silver in the 200m breast at the Telstra Australian Championships
Sixth in the 200m breast at the 2010 Pan Pacs in California

2009 – Represented Australia at the World University Games in Belgrade

2008 - Was part of the 4x100m medley relay team that placed 4th at the World Short Course Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Pan Pacs	Irvine, California	2010	6 th 200m breaststroke, 7 th 100m breaststroke
Comm Games	Delhi	2010	7 th 200m breaststroke
World Short Course	Manchester	2008	4 th 4x100m medley relay

TEAM WELSH

Ashley CALLUS

AGE **31**

NICKNAME	Ash
D.O.B	10/3/1979
BORN	Brisbane, QLD
LIVES	Gold Coast, QLD
PHYSICAL	188cm, 88kg
CLUB/INSTITUTE	North End Aquatic
TRAINS (POOL)	North End Aquatic
COACH	Graeme McDonald
MAIN EVENT	50m Freestyle

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Freestyle	– 21.19 – 2009 AIS Meet
100m Freestyle	– 48.68 – 2008 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Freestyle	– 20.98 – 2009 QLD Championships
100m Freestyle	– 46.99 – 2002 World Championships - Moscow



OUT OF THE POOL

FAMILY MEMBERS Father – John, Mum – Sue, Brother - Murray

STUDIES/OCCUPATION Real Estate Agent

OTHER SPORTS PLAYED/PLAY Rugby League, basketball

ULTIMATE RELAXATION Going to the beach

SPECIALITY IN THE KITCHEN Microwave meals

ONE THING YOU CAN'T LIVE WITHOUT? Hair clippers

FAVOURITES

SPORTING TEAM Gold Coast Titans

SWIM MEET The Beaudesert Meet

TV SHOW Band of Brothers

BANDS/MUSIC House

FOOD Steak **DRINK** Water

NAME YOUR PAST COACHES David Urquhart, Chris Urquhart

WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY? Father and Mother

SWIMMING CAREER ULTIMATE GOALS To win

WHAT AGE DID YOU START SWIMMING AND WHY? At 16 when I won my first race

HAVE ANY MEMBERS OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL? My Dad played QLD rugby league

FAVOURITE SWIMMER AND WHY? Duncan Armstrong. Awesome race in '88 to win Olympic Gold

NOTABLE QUOTE? Work hard, give everything 100%

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 4
2002,03, 10 – 50m Freestyle, 2003 – 100m Freestyle

CAREER HIGHLIGHTS

Won gold in world record time at the Sydney 2000 Olympics alongside Michael Klim, Ian Thorpe and Chris Fydler in the men's 4x100m relay
Won bronze in the 4x100m free relay and was 4th in the 50m free at the 2008 Beijing Olympics
2002 FINA World Short Course 100m free champion
Has won a world championship, two Commonwealth and one Pan Pacific gold medal as a member of the men's 4x100m freestyle relay team.
A triple Olympian who also been to three Commonwealth Games and three World Championships
Has won two gold and three silver at three Commonwealth Games

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	1 st 4x100m free
	Athens, Greece	2004	6 th 4x100m free (hs), 26 th 50m free, 31 st 100m free
	Beijing, China	2008	3 rd 4x100m free, 4 th 50m free
World Champs	Fukuoka, Japan	2001	1 st 4x100m free, 7 th 100m free
	Manchester, England	2003	4 th 4x100m free, 10 th 100m free, 26 th 50m free
	Melbourne, Australia	2007	5 th 4x100m free, 15 th 50m free, 16 th 100m free
Comm Games	Kuala Lumpur,	1998	1 st 4x100m free, 5 th 50m free
	Manchester, England	2002	1 st 4x100m free, 2 nd 100m free, 5 th 50m free
	Melbourne, Australia	2006	2 nd 4x100m free, 6 th 100m free, 8 th 50m free
	Delhi, India	2010	DQ 50m freestyle
World Short Course	Athens, Greece	2000	7 th 100m free, 5 th 4x100m free, 4x100m medley
	Moscow, Russia	2002	1 st 100m free, 6 th 50m free
	Shanghai, China	2006	1 st 4x100m medley, 7 th 4x100m free (hs), 9 th 100m free
Pan Pacs	Yokohama, Japan	2002	1 st 4x100m free, 2 nd 100m free, 4 th 50m free
	Irvine, California	2010	7 th 50m freestyle
Duel in the Pool	Sydney, Australia	2007	5 th 50m, 100m free
Goodwill Games	Brisbane, Australia	2001	1 st overall men's team, 3 rd 100m free

TEAM WELSH

Ashley DELANEY

AGE **24**

NICKNAME	Ash
D.O.B	11/04/1986
BORN	Sale, Vic
LIVES	Canberra, ACT
PHYSICAL	184cm, 80kg
CLUB/INSTITUTE	AIS/Nunawading
TRAINS (POOL)	AIS Canberra
COACH	Shannon Rollason
MAIN EVENT	50,100,200m back

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Backstroke	– 24.81 – 2009 Telstra Australian Championships AR
100m Backstroke	– 53.10 – 2009 World Championships
200m Backstroke	– 1:55.82 – 2009 Telstra Australian Championships AR
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Backstroke	– 23.39 – 2009 FINA World Cup Stockholm
100m Backstroke	– 50.18 – 2009 FINA World Cup Berlin AR
200m Backstroke	– 1:49.62 – 2009 Telstra Australian Short Course AR



OUT OF THE POOL

FAMILY MEMBERS	Dad – Kevin, Sister Lorrae
STUDIES/OCCUPATION	Athlete
OTHER SPORTS PLAYED/PLAY	Golf, Rugby
SUPERSTITIONS	None
ULTIMATE RELAXATION	Sleeping
SPECIALITY IN THE KITCHEN	Meat Loaf
ROLE MODELS	My Nana
FAVOURITES	
SPORTING TEAM	Brisbane Broncos
MOVIES	Troy
TV SHOW	Prison Break, Lost
FOOD	Pizza DRINK Vanilla Coke
SWIM MEET	Australian National Championships
HOBBIES	Playing golf
PETS	Chubbs
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA?	Grandad was a boxer
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	All of my family because they have helped me get to where I am today
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Fun, relaxed, committed
PERSONAL AMBITIONS?	Get better at golf
HOW WOULD YOU LIKE TO BE REMEMBERED	As a good swimmer
SWIMMING CAREER ULTIMATE GOAL?	Win an individual medal at the Olympics
WHAT'S YOUR GREATEST ASSET?	My 50 inch plasma

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **5**
2008 - 50, 100m Backstroke, 2009 – 50,100,200m Backstroke

CAREER HIGHLIGHTS
Won gold in the 4x100m medley relay and three bronze medals in each of the three backstroke events, to take home the most medals won by a male swimmer at the Delhi Commonwealth Games
Won a silver medal in the 50m back and two bronze medals in the 100m back and 4x100m medley relay at the 2010 Pan Pacs in Irvine
Won a bronze medal at the 2009 Rome World Championships in the 4x100m medley relay
Won silver as a heat swimmer in 4x100m medley, was fifth in 100m backstroke in Beijing
Claimed bronze in 50m back at 2008 FINA World Short Course
Was a finalist in 100m back at 2006 Pan Pacific Championships

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games		1 (Heat swim)	
World Championships			1
Commonwealth Games	1		3
Pan Pacs		1	2
World Short Course			1

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	2 nd 4x100m medley (heat swim); 5 th 100m back; 10 th 200m back
World Championships	Rome, Italy	2009	3 rd 400m medley relay, 10 th 100m back; 16 th 50m back; 17 th 200m back
Comm Games	Delhi, India	2010	1 st 4x100m medley relay, 3 rd 50m, 100m, 200m backstroke
World Short Course	Manchester, England	2008	3 rd 50m back; 4 th 200m back, 4x100m medley; 5 th 100m back
Pan Pacific Champs	Victoria, BC, Canada	2006	6 th 100m back
	Irvine, California	2010	2 nd 50m back, 3 rd 100m back, 4x100m medley relay, 4 th 200m back
Duel in the Pool	Sydney, Australia	2007	3 rd 100m back; 7 th 200m back
	Canberra, Australia	2009	2 nd 200m back, 2 nd in 4x100m medley relay, 3 rd 100m back,
Oceania Champs	Cairns, Australia	2006	1 st 50m, 100m, 200m back, 4x100m medley; 5 th 50m free
International Swim Meet	Chiba, Japan	2007	3 rd 4x100m medley; 5 th 100m back; 6 th 200m back

TEAM WELSH

Thomas FRASER-HOLMES

AGE 19

NICKNAME	Tommy
D.O.B	09/10/1991
BORN	Newcastle
LIVES	Gold Coast
PHYSICAL	82kg, 194cm
CLUB/INSTITUTE	QAS
TRAINS (POOL)	Miami Swim club
COACH	Denis Cottrell
MAIN EVENT	200 free, 400free 400IM

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
200m Freestyle	– 1:47.23 - 2010 Pan Pacs
400m Freestyle	– 3:46.56 - 2010 Telstra Australian Championships
200m IM	– 2:00.84 - 2010 Telstra Australian Championships
400m IM	– 4:16.81 - 2010 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
400m Freestyle	– 3:41.86 - 2009 Short Course Championships
1500m Freestyle	– 14:48.21 - 2009 Telstra Short Course Champs
400m IM	– 4:07.46 - 2009 Telstra Short Course Championships



OUT OF THE POOL

FAMILY MEMBERS	Mum – Carmen, Dad – Dennis
STUDIES/OCCUPATION	Commerce at the University of Canberra
OTHER SPORTS PLAYED/PLAY	Surfing
SUPERSTITIONS	All evens. No odds
ULTIMATE RELAXATION	Watching TV
SPECIALITY IN THE KITCHEN	Don't ask
ONE THING YOU CAN'T LIVE WITHOUT	My blackberry

FAVOURITES

SPORTING TEAM	Miami Dolphins		
MOVIES	Step Brothers		
TV SHOW	Everybody loves Raymond		
BANDS/MUSIC	Parkway Drive	HOLIDAY	Hawaii
FOOD	Pizza	DRINK	Coke
SWIM MEET	2010 Telstra Australian Championships		
HOBBIES	Surfing		
PETS	None		

PAST COACHES	Shane Arnold, Vince Raleigh
CAREER OBSTACLES	Not yet – touch wood
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My dad, good bloke
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Shy, humble, good friend
WHO INSPIRES YOU	Goals
MOST FAMOUS PERSON YOU HAVE MET	Andrew Johns
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No
PROUDEST SWIMMING MOMENT	Making my first national long course team
FAVOURITE SWIMMER AND WHY?	Ash callus – mad dog
FAVOURITE ATHLETE AND WHY?	Rafal Nadal – attitude
NOTABLE QUOTE	“Failing to prepare is preparing to fail.”

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 1
2010 - 400m IM

CAREER HIGHLIGHTS

Won gold in the 4x200m freestyle relay and bronze in the 200m freestyle at the Commonwealth Games in Delhi
Won bronze in the 4x200m freestyle relay at the 2010 Pan Pacs in California
Won the national title in the 400m IM at the 2010 Telstra Australian Swimming Championships and took silver in the 200m IM.

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			
World Championships			
Commonwealth Games	1		1
Pan Pacs			1
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Pan Pacs	Irvine, California	2010	3 rd 4x200m free, 4 th 200m free, 12 th 200m IM, 13 th 400m freestyle, DQ 400m IM
Commonwealth Games	Delhi, India	2010	1 st 4x200m free relay, 3 rd 200m free, 5 th 400m IM
Junior Pan Pacs	Guam	2009	6 th 200m IM, 7 th 400m IM

TEAM WELSH

Belinda HOCKING

AGE **20**

NICKNAME	Bindy
D.O.B	14/09/1990
BORN	Wangaratta, VIC
LIVES	Canberra, ACT
PHYSICAL	167cm, 57kg
CLUB/INSTITUTE	Albury/AIS
TRAINS (POOL)	AIS
COACH	Shannon Rollason
MAIN EVENT	200m Backstroke

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m backstroke	– 28.30 – 2009 Telstra Australian Championships
100m backstroke	– 59.95 – 2009 Telstra Australian Championships
200m backstroke	– 2:07.89 – 2010 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m backstroke	– 26.94 – 2008 FINA World Short Course
100m backstroke	– 57.87 – 2008 FINA World Short Course
200m backstroke	– 2:02.61 – 2009 FINA World Cup – Berlin AR



OUT OF THE POOL

FAMILY MEMBERS	Dad, Mum, sister and brother		
OTHER SPORTS PLAYED/PLAY	Netball and Dance		
SUPERSTITIONS	I don't put new shoes on the table		
STUDY / OCCUPATION	Double degree in Tourism and Sports management at the University of Canberra		
SPECIALITY IN THE KITCHEN	Cheesecake		
ONE THING YOU CAN'T LIVE WITHOUT	Mum and Dad		
FAVOURITE			
TV SHOW	Grey's Anatomy		
MOVIES	Twilight Movies	MOVIES	Twilight Movies
TV SHOW	Packed to the rafters, Grey's Anatomy, 90210	TV SHOW	Packed to the rafters, Grey's Anatomy, 90210
BANDS/MUSIC	Anything and everything		
FOOD	Spag Bol or anything sweet!		
SWIM MEET	Olympics		
HOBBIES	Sleeping and watching DVD's		
WHAT'S YOUR GREATEST ASSET?	Friendliness		
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Happy, nice, smiley		
HAVE YOU EVER ENCOUNTERED ANY OBSTACLES DURING YOUR SWIMMING CAREER?	Yes, like everyone else		
PERSONAL AMBITIONS	To be the best that I can be at whatever I do		
WHAT AGE DID YOU START SWIMMING AND WHY?	Four at learn to swim classes		
FAVOURITE SWIMMER AND WHY?	Michael Phelps, because of what he has achieved in sport		
WHEN DID YOU FIRST START SWIMMING AND WHY?	4 yrs old, Learn to Swim Classes and because I had really bad asthma as a child		
NOTABLE QUOTE	'If it's meant to be, it will be.'		

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 2
2009, 10 – 200m Backstroke

CAREER HIGHLIGHTS

Won the back-to-back 200m backstroke titles at Australian Championships in 2010
Was eighth in 200m backstroke at 2008 Olympic Games
Won bronze in the 200m backstroke at the 2010 Pan Pacs
Won three gold and two silver at 2007 Australian Youth Olympic Festival
Won silver in 200m back and was third in 100m back at the 2008 Telstra Australian Championships / Olympic Trials
Won silver in 4x100m medley (heat swim), was fifth in 100m back and sixth in 50m back at 2008 FINA World Short Course Championships

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			
World Championships			
Commonwealth Games			
Pan Pacs			1
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	8th 200m back
World Champs	Rome, Italy	2009	9th 200m back, 17th 100m back
Commonwealth Games	Delhi, India	2010	4th 200m backstroke, =4th 100m backstroke
Pan Pacs	Irvine, CA	2010	3rd 200m back, 10th 100m back, 9th 50m back
World Short Course	Manchester, England	2008	2nd 4x100m medley (heat swim); 5th 100m back; 6th 50m back
Junior Pan Pac Champs	Maui, USA	2007	1st 4x200m free; 4th 200m back; 10th 100m back
Australian Youth Olympic Festival	Sydney, Australia	2007	1st 100m, 200m back, 4x100m medley; 2nd 4x100m, 4x200m free
Duel in the Pool	Canberra, Australia	2009	1st 4x100m free; 2nd 100m, 200m back

TEAM WELSH

Robert HURLEY

AGE **22**

NICKNAME	Bobby
D.O.B	26/09/1988
BORN	Melbourne, VIC
LIVES	Wollongong, NSW
PHYSICAL	191cm, 83kg
CLUB/INSTITUTE	Wests Illawarra
TRAINS (POOL)	Wests Illawarra
COACH	Ron McKeon
MAIN EVENT	400 & 1500m Free

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
200m Freestyle	– 1:48.17 – 2009 Telstra Australian Championships
400m Freestyle	– 3:46.01 – 2009 World Championships
800m Freestyle	– 7:50.65 – 2009 World Championships
1500m Freestyle	– 15:00.96 – 2010 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
200m Freestyle	– 1:43.81 – 2009 Telstra Australian Short Course
400m Freestyle	– 3:38.35 – 2009 World Cup - Berlin
1500m Freestyle	– 14:32.47 – 2009 World Cup - Singapore



OUT OF THE POOL

FAMILY MEMBERS	Dad Paul, Mum Helen, Siblings Anthony, Angela
STUDIES	Sports Management
OTHER SPORTS PLAYED/PLAY	Basketball, Rugby League
GREATEST ASSET	Underwater streamline
ULTIMATE RELAXATION	Listening to my I Pod
SPECIALITY IN THE KITCHEN	Fried eggs
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Middle distance freestyler

FAVOURITES

SPORTING TEAM	St George Illawarra Dragons		
MOVIES	Gone in 60 seconds		
TV SHOW	Lost, According to Jim, The Simpsons		
BANDS/MUSIC	Presets	CDs	Download
FOOD	Schnitzel	DRINK	Coke Zero
PAST COACHES	Doug Frost, Vince Raleigh		
INTERESTING FACTS PEOPLE MAY NOT KNOW ABOUT YOU?	I had an elbow reconstruction in 2004		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Ron McKeon has steered me in the right direction		
PERSONAL AMBITION?	To have a successful career in sport as an athlete and beyond		
HOW WOULD YOU LIKE TO BE REMEMBERED?	As a good bloke who could race with the best of them		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?	My sister Angela also swims		
WHAT AGE DID YOU START SWIMMING AND WHY?	Seven and followed by brother and sister		
FAVOURITE SWIMMER AND WHY?	Grant Hackett – such a hard trainer		
MOST FAMOUS PERSON YOU HAVE MET	Prince William		

NOTABLE QUOTE “Discipline is what you do when no one is watching.”

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 4
2009, 10 – 400m Freestyle; 2010 800m Freestyle; 2010 1500m Freestyle

CAREER HIGHLIGHTS

Won the 400, 800 and 1500m freestyle titles at the 2010 Telstra Australian Championships
 Won bronze in the 800m free relay at the 2009 Rome World Championships
 Swam the sixth fastest 800m of all-time by an Australian to win silver at the Santa Clara meet in 2009
 Won the 400m free at the Australian Championships, 2009
 Set world Short Course record for the 50m backstroke at the FINA/ARENA World Cup in 2008 – 23.24

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			
World Championships			1
Commonwealth Games			
Pan Pacs			
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Champs	Rome, Italy	2009	3 rd 800m free relay, 10 th 800m free, 11 th 400m free, 14 th 1500m free, 32 nd 100m back
Comm Games	Delhi, India	2010	14 th 400m free
Pan Pacs	Irvine, California	2010	4 th 800m free, 7 th 400m frees, 10 1500m free
World Short Course	Manchester, England	2008	1 st 4x200m (heat swim); 4 th 4x100m medley; 8 th 100m back; 12 th 200m back; 13 th 400m free; 14 th 50m back
Junior Pan Pac Champs	Maui, USA	2007	1 st 4x100m, 4x200m free; 2 nd 200m free; 4 th 100m free; 6 th 50m free
Oceania Champs	Christchurch, New Zealand	2008	1 st 50m, 100m, 200m back, 200m, 400m free, 4x200m free; 2 nd 4x100m free, 4x100m medley; 4 th 100m free
Duel in the Pool	Canberra, Australia	2009	6 th 200m free, 2 nd 400m free, 7 th 200IM,

TEAM WELSH

Leisel JONES

AGE 25

NICKNAME	LJ
D.O.B	30/08/1985
BORN	Katherine, NT
LIVES	Melbourne, VIC
PHYSICAL	178cm, 67kg
CLUB/INSTITUTE	Nunawading/VIS
TRAINS (POOL)	Aqualink Nuna
COACH	Rohan Taylor
MAIN EVENT	100m Breaststroke

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Breaststroke	– 30.55 – 2006 Commonwealth Games
100m Breaststroke	– 1:05.09 – 2006 Commonwealth Games CR
200m Breaststroke	– 2:20.54 – 2006 Australian Championships AR
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Breaststroke	– 29.78 – 2009 FINA World Cup - Berlin
100m Breaststroke	– 1:03.00 – 2009 FINA World Cup – Berlin CR
200m Breaststroke	– 2:15.42 - 2009 FINA World Cup – Berlin CR



OUT OF THE POOL

FAMILY MEMBERS	Mum - Rosemary
STUDIES/OCCUPATION	Beauty therapy
OTHER SPORTS PLAYED/PLAY	Gymnastics, tennis, and physical culture
ULTIMATE RELAXATION	Reading on the lounge on a rainy day, going to the beach on a sunny day
SPECIALITY IN THE KITCHEN	Banana Cake
ONE THING YOU CAN'T LIVE WITHOUT?	Food

FAVOURITES

SPORTING TEAM	Carlton FC	
SWIM MEET	2003 FINA World Championships – Barcelona	
TV SHOW	Everybody loves Raymond	
BANDS/MUSIC	Gypsy and the Cat	
FOOD	Anything	DRINK Red wine
INTERESTING PERSONAL FACT?	I was the only white baby in the hospital when I was born	
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My mum because she teaches me all the small, but important things in life	
PERSONAL AMBITIONS	To become a successful business woman	
WHAT AGE DID YOU START SWIMMING AND WHY?	At age two for water safety	
HAVE ANY MEMBERS OF YOUR FAMILY REPRESENTED AUSTRALIA OR PLAYED SPORT AT A NATIONAL LEVEL?	A distant relative was an Olympian in equestrian	
FAVOURITE SWIMMER AND WHY?	Grant Hackett, because he gave it everything and was so down to earth	
MOST FAMOUS PERSON YOU HAVE MET?	Pink	
NOTABLE QUOTE?	"Successful people do what unsuccessful people don't want to do."	

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 22
 50m Breast – 2007 10, 100m Breast – 2000, 01, 02, 03,05,06,07,08, 09, 10
 200m Breast – 2001, 02, 03,04,05,06,07,08,10
 200m IM - 2003

CAREER HIGHLIGHTS

Eight-time Olympic medallist, including three gold
 10-time Commonwealth Games gold medallist
 Won two silver at the 2000 Olympics, one gold, one silver and one bronze at the 2004 Olympics and two gold and one silver at the 2008 Olympics
 Has won seven gold, three silver and two bronze at four FINA World Championships
 Australia's youngest ever Olympic swimming medallist in 2000 at just 15

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Sydney, Australia	2000	2 nd 100m breast, 4x100m medley
	Athens, Greece	2004	1 st 4x100m medley, 2 nd 200m breast, 3 rd 100m breast
	Beijing, China	2008	1 st 100m breast, 4x100m medley, 2 nd 200m breast
World Champs	Fukuoka, Japan	2001	1 st 4x100m medley, 2 nd 200m breast, 4 th 200m breast
	Barcelona, Spain	2003	2 nd 200m breast, 3 rd 100m breast, 4x100m medley, 4 th 50m breast, 23 rd 200m IM
	Montreal, Canada	2005	1 st 100m, 200m breast, 4x100m medley
	Melbourne, Australia	2007	1 st 100m, 200m breast, 4x100m medley relay, 2 nd 50m breast
Comm Games	Manchester, England	2002	1 st 100m, 200m breast, 4x100m medley, 4 th 50m breast
	Melbourne, Australia	2006	1 st 50m, 100m, 200m breast, 4x100m medley relay
	Delhi, India	2010	1 st 100m breast, 200m breast, 4x100m medley relay, 2 nd 50m breast
Pan Pac Champs	Yokohama, Japan	2002	1 st 4x100m medley, 2 nd 200m breast, 4 th 100m breast
	Irvine, California	2010	2 nd 100m, 200m breast, 4x100m medley relay, 3 rd 50m breast
World Short Course	Dubai, UAE	2010	2 nd 100m breast, 3 rd 4x100m medley relay, 27 th 100m IM
Goodwill Games	Brisbane, Australia	2001	1 st overall women's team, 2 nd 50m, 100m breast
Duel in the Pool	Irvine, USA	2005	1 st 100m, 200m breast, 4x100m medley
	Sydney, Australia	2007	1 st 200m breast, 4x100m medley, 2 nd 100m breast
Japan Swim Meet	Chiba, Japan	2007	1 st 100m, 200m breast, 4x100m medley

TEAM WELSH

James MAGNUSSEN

AGE 19

NICKNAME	Maggie
D.O.B	11/04/1991
BORN	Port Macquarie
LIVES	North Ryde Sydney
PHYSICAL	195cm 88kg
CLUB/INSTITUTE	Macquarie Uni
TRAINS (POOL)	Macquarie Uni
COACH	Brant Best
MAIN EVENT	100m 200m Free

PERSONAL BEST TIMES – Long Course (50m Pool)	
100m Freestyle	– 48.94 – 2010 Pan Pacs
50m Freestyle	– 22.75 – 2010 Pan Pacs
PERSONAL BEST TIMES – Short Course (25m Pool)	
100m Freestyle	– 47.68 – 2010 Telstra Australian Short Course
50m Freestyle	– 22.09 – 2010 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Mum (Donna) – Dad (Robert) – Brother (Daniel)
STUDIES/OCCUPATION	Bachelor of Commerce at Macquarie Uni
OTHER SPORTS PLAYED/PLAY	Rugby League
SUPERSTITIONS	Similar pre-race routines
ULTIMATE RELAXATION	Being out in the surf
SPECIALITY IN THE KITCHEN	Baked beans and cheese
ONE THING YOU CAN'T LIVE WITHOUT	My Mobile

FAVOURITES

SPORTING TEAM	Bulldogs in the NRL		
MOVIES	Never Back Down		
TV SHOW	Two and a half Men		
BANDS/MUSIC	Hip Hop, House	HOLIDAY	Gold Coast
FOOD	Cereal	DRINK	Up and go

SWIM MEET	NSW State Championships
HOBBIES	Fulltime Bulldogs fan
PETS	Dog – Buster
INTERESTING PERSONAL FACT	I love rugby league

CAREER OBSTACLES	Swimming from the country was hard – lot of travel
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Friends, parents
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Easy going, mate
PROUDEST SWIMMING MOMENT	Making the Pan Pacs team
MOST FAMOUS PERSON YOU HAVE MET	Sonny Bill Williams
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA	No
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Sports Management
FAVOURITE SWIMMER AND WHY?	Michael Klim – such a motivation and because he used to get so pumped up
WHEN DID YOU FIRST START SWIMMING AND WHY?	11-years-old because I was good at it
NOTABLE QUOTE	"What we do in life, echoes in eternity," Gladiator.

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won gold in the 4x100m freestyle relay, swimming the anchor leg at the Commonwealth Games in Delhi
 Won bronze 100m freestyle at the 2010 Telstra Australian Swimming Championships to earn selection on his first senior Australian team for the Pan Pacific Championships.
 Swam the anchor leg of the silver medal winning 4x100m free relay team at the 2010 Pan Pacs

2010 – Won silver in the 4x100m freestyle relay at the 2010 Pan Pacs
 Won gold in the 4x100m freestyle relay at the Commonwealth Games in Delhi

2008 – A member of the Australian Trans Tasman team that took on New Zealand

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Comm Games	Delhi, India	2010	1 st 4x100m freestyle relay
Pan Pacs	Irvine, California	2010	2 nd 4x100m freestyle, 10 th 100m free, 22 nd 50m free
World Short Course	Dubai, UAE	2010	5 th 4x100m free relay

TEAM WELSH

Meagen NAY

AGE **22**

NICKNAME	Megz, Nay-Nay	PERSONAL BEST TIMES – LONG COURSE (50m Pool)
D.O.B	05/10/1988	100m backstroke – 1:00.80 – 2008 Telstra Australian Championships
BORN	Gold Coast, QLD	200m backstroke – 2:07.41 - 2009 Duel in the Pool AR
LIVES	Brisbane QLD	100m freestyle – 55.10 - 2009 Telstra Australian Championships
PHYSICAL	175cm, 66kg	200m freestyle – 1:57.70 - 2009 Telstra Australian Championships
CLUB/INSTITUTE	St Peters Western/QAS	PERSONAL BEST TIMES – SHORT COURSE (25m Pool)
TRAINS (POOL)	St Peters College	100m backstroke – 1:00.17 – 2008 Telstra Australian Short Course
COACH	Michael Bohl	200m backstroke – 2:05.47 – 2008 World Short Course
MAIN EVENT	200m Backstroke	200m freestyle – 1:58.77 – 2007 FINA World Cup - Sydney



OUT OF THE POOL

FAMILY MEMBERS	Mum (Karin), two sisters (Fiona, Jessica)
STUDIES/OCCUPATION	Promoting Aquadiva – swimwear rep, studying sports marketing
OTHER SPORTS PLAYED/PLAY	Touch football, surf lifesaving
SUPERSTITIONS	Ghosts
ULTIMATE RELAXATION	Surfing, sleeping
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS?	Outgoing, fun, blonde
SPECIALITY IN THE KITCHEN	Chicken stir-fry

FAVOURITE

SPORTING TEAM	St George in the NRL		
MOVIES	Coach Carter		
TV SHOW	Grey's Anatomy		
BANDS/MUSIC	Timberland, Rihanna		
FOOD	Grain waves roast	DRINK	Latte, banana smoothie
HOBBIES	Surfing, Shopping		
PETS	Dog and a fish		

WHO OR WHAT HAS BEEN THE BIGGEST INFLUENCE ON YOUR LIFE AND WHY?
My Mum and Pop, showing me the way in life, and have been through so much and prove you can come out the other side

HAS ANY OF YOUR FAMILY EVER REPRESENTED AUSTRALIA?
Yes my dad, 1972 Olympics and 1974 Commonwealth Games

WHAT AGE DID YOU START SWIMMING AND WHY?
I think at age 8 because my mum was a swimming teacher

FAVOURITE SWIMMER AND WHY?
Kirsty Coventry – I want her world record

PROUDEST SWIMMING MOMENT
Getting up to swim for Australia, when I found out the worst news of my life

NOTABLE QUOTE
"Dance like no one is watching, Love like you have never been hurt, and Live like it is heaven on earth."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: **2**
2008 – 200m Backstroke; 2009 – 200m freestyle

CAREER HIGHLIGHTS

Broke the Commonwealth record for the 200m back at the 2009 Duel in the Pool against Japan in Canberra
Seventh in 200m back at 2008 Olympic Games
Won individual and team gold in the 200m backstroke and 4x200m freestyle relay at the Delhi Commonwealth Games
Won bronze in the 400m freestyle relay at the 2009 FINA World Championships in Rome as a heat swimmer
Won two gold, a silver and a bronze 2007 Jnr Pan Pacs
Won four gold and two silver at 2006 Oceania Championships

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games			
World Championships			
Commonwealth Games	2		
Pan Pacs		1	
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	7 th 200m back
World Champs	Rome, Italy	2009	3 rd in the 400m free relay (heat swim)
Comm Games	Delhi, India	2010	1 st 200m backstroke, 4x200m freestyle relay
Pan Pacs	Irvine, California	2010	2 nd 4x200m free relay, 11 th 200m free, 19 th 100m free
World Short Course	Manchester, England	2008	5 th 200m back
Junior Pan Pac Champs	Maui, USA	2007	1 st 4x100m, 4x200m free; 2 nd 100m back; 3 rd 200m back
Oceania Champs	Cairns, Australia	2006	1 st 200m back, 4x100m, 4x200m free, 4x100m medley; 2 nd 50m, 100m back; 4 th 100m free
Comm Youth Games	Bendigo, Australia	2004	1 st 200m free; 2 nd 400m, 800m, 1500m, 4x100m, 4x200m free; 4 th 50m back
Japan International m Meet	Chiba, Japan	2007	6 th 200m back
Duel in the Pool	Canberra, Australia	2009	7 th 100m back, 1 st 200m back, 2 nd in the 4x100m relay

TEAM WELSH

Kotuku NGAWATI

AGE **16**

NICKNAME	Koti
D.O.B	16/06/1994
BORN	Cairns
LIVES	Melbourne
HEIGHT/WEIGHT	59kg
CLUB/INSTITUTE	Melbourne Vicentre
TRAINS (POOL)	MSAC
COACH	Ian Pope
MAIN EVENT	200, 400m IM

PERSONAL BEST TIMES – Long Course (50m Pool)	
200m IM	– 2:17.39 - 2010 Australian Age Champs
400m IM	– 4:54.34 - 2010 Australian Age Champs
100m Backstroke	– 1:03.90 - 2010 Australian Age Champs
100m Breaststroke	– 1:12.22 – 2010 Australian Age Champs
PERSONAL BEST TIMES – Short Course (25m Pool)	
200m IM	– 2:07.76 - 2010 Telstra Australian Short Course
400m IM	– 4:41.05 - 2010 Telstra Australian Short Course
100m Backstroke	– 59.19 - 2010 Telstra Australian Short Course



OUT OF THE POOL

FAMILY MEMBERS	Dad – Colin, Mum Whetu, Three brothers, Nikau, Tangaroa and Kiwa
STUDIES/OCCUPATION	High School student
OTHER SPORTS PLAYED/PLAY	Triathlon
SUPERSTITIONS	Karma
SPECIALITY IN THE KITCHEN	Cheese and tomato toasted sandwiches
ONE THING YOU CAN'T LIVE WITHOUT	Family

FAVOURITES

TEAM	All Blacks
MOVIES	Step Brothers, Top Gun
TV SHOW	NCIS, Supernatural, Grey's Anatomy, Glee
BANDS/MUSIC	Anything with a good beat
FOOD	Everything
HOBBIES	Reading, Painting nails, listening to music
PETS	Birds, Peter & Paul
INTERESTING PERSONAL FACT	I'm hyper-mobile in my arms
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My family, always there for me.
PROUDEST SWIMMING MOMENT	Making the World Short Course team
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Run my own business, or perhaps coach
WHEN DID YOU FIRST START SWIMMING AND WHY?	At age 7, loved the water and was passionate for the sport
NOTABLE QUOTE	'Focus on the process not the outcome'

IN THE POOL

CAREER HIGHLIGHTS

Won a silver medal in the 100m IM at the World Short Course in Dubai and was 8th in the final of the 200m IM
 Earned selection on to the Australian team for the World Short Course in Dubai after finishing second to Emily Seebohm in the women's 200m IM at the Australian Championships in July.
 Won eight gold medals for Australia Gold during the 2010 Trans Tasman Series against New Zealand and Australia Gree
 Won three gold, two silver an one bronze at the 2010 Australian Age Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Short Course	Dubai, UAE	2010	2 nd 100m IM, 4 th 4x100m free relay, 8 th 200m IM

TEAM WELSH

Alexandra PURCELL

AGE 15

Aggie	Aggie
D.O.B	13 April 1995
BORN	Gold Coast
LIVES	Gold Coast
HEIGHT / WEIGHT	172 cm, 60kg
CLUB/INSTITUTE	Southport Olympic
TRAINS (POOL)	Southport Olympic
COACH	Glenn Baker
MAIN EVENT	50m & 100m free

PERSONAL BEST TIMES – Long Course (50m Pool)

50m Freestyle	- 25.48	- 2010 McDonalds Qld Championships
100m Freestyle	- 55.96	- 2010 McDonalds Qld Championships
200m Freestyle	- 2.05.42	- 2010 McDonalds Qld Championships
100m Butterfly	- 1.03.98	- 2010 McDonalds Qld Championships

PERSONAL BEST TIMES – Short Course (25m Pool)

50m Freestyle	- 25.19	- 2010 Telstra Australian Short Course Champs
100m Freestyle	- 55.56	- 2010 Telstra Australian Short Course Champs
200m Freestyle	- 2.04.92	- 2010 Trans Tasman Tri-Series Competition



OUT OF THE POOL

FAMILY MEMBERS	Dad – Michael, Mum – Paula, Brothers - Tom, Fraser & Huw
STUDIES/OCCUPATION	Trinity Lutheran College, Ashmore – Gold Coast
OTHER SPORTS PLAYED/PLAY	Water Polo & Surf Lifesaving
SUPERSTITIONS	Lucky Hair Ties
ULTIMATE RELAXATION	Sleep
SPECIALITY IN THE KITCHEN	Toast (if lucky)
ONE THING YOU CAN'T LIVE WITHOUT	My phone

FAVOURITES

SPORTING TEAM	Gold Coast Titans
MOVIES	Inception
TV SHOW	Gossip Girl, The Hills
BANDS/MUSIC	Anything
FOOD	Sushi
SWIM MEET	Age Nationals
HOBBIES	Art, beach
PETS	Sam, our dog Jacko and Fudge (the guinea pigs)
INTERESTING PERSONAL FACT	Three brothers, no sisters
NAME YOUR PAST COACHES	Anthony Heath & Craig Davidson
CAREER OBSTACLES	Parasite from China Tour
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	Several, no one specific
HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS	Pretty damn shy!
PROUDEST SWIMMING MOMENT	Whenever I do a pb !
MOST FAMOUS PERSON YOU HAVE MET	George Gregan
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	Nope
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Journalism or Architecture
FAVOURITE SWIMMER AND WHY?	Susie O'Neil – always has been
WHEN DID YOU FIRST START SWIMMING AND WHY?	Age 7 – so I didn't drown
NOTABLE QUOTE	Never, never, never give up!

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Won multiple gold medals on the 2009 and 2010 Trans Tasman tours and has was a finalist in the 50m freestyle at the 2010 Telstra Australian Short Course Championships

TEAM WELSH



Stephanie RICE

AGE **22**

NICKNAME	Ricey
D.O.B	17/06/1988
BORN	Brisbane, QLD
LIVES	Brisbane, QLD
PHYSICAL	176cm, 66kg
CLUB/INSTITUTE	St Peters Western
TRAINS (POOL)	St Peters College
COACH	Michael Bohl
MAIN EVENT	200m, 400m IM

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
200m freestyle	– 1:56.60 – 2008 Olympic Games AR
100m backstroke	– 1:01.10 – 2008 Telstra Australian Championships
100m butterfly	– 57.67 – 2009 Telstra Australian Championships
200m butterfly	– 2:07.85 – 2009 Telstra Australian Championships
200m IM	– 2:07.03 – 2009 World Championships - CR
400m IM	– 4:29.45 – 2008 Olympic Games - WR

OUT OF THE POOL

FAMILY MEMBERS Mum Raelene, Dad Warren, Step Dad Allan, Step Mum Anne Louise, siblings Mitchell and Courtenay

STUDIES/OCCUPATION	Athlete
OTHER SPORTS PLAYED/PLAY	Hockey, netball, tennis
ULTIMATE RELAXATION	Movies and massages
SPECIALITY IN THE KITCHEN	Salads
ONE THING YOU CAN'T LIVE WITHOUT	Phone

FAVOURITE

SPORTING TEAM	Telstra Dolphins
MOVIES	Zoolander
TV SHOW	The Hills, Gossip Girl, The Simple Life
BANDS/MUSIC	Anything new CDs Ministry of Sound
HOBBIES	Re-organise my room, make jewelry
FOOD	Salads, Italian and Mexican
PETS	Dog - Missi

WHAT'S YOUR GREATEST ASSET? Aware of my weaknesses

HOW WOULD YOU LIKE TO BE REMEMBERED? Someone who was supportive and inspiring

WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY? Michael Bohl because he has guided and inspired me to achieve my goals and help me become the person that I want to be

PERSONAL AMBITIONS? Travel the world with the Swimming team, achieve my goals and have a great time with friends along the way

FAVOURITE SWIMMER AND WHY? Susie O'Neill because she was an amazing athlete and person

NOTABLE QUOTE "Whatever the mind can conceive and believe, it can achieve."

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 8
2007, 08, 09, 10 – 200m IM, 2008,09, 10 – 400m IM. 2010 – 100m fly

CAREER HIGHLIGHTS
Triple Olympic gold medallist - 200 and 400m IM and 4x200m free at 2008 Beijing Olympic Games
Won silver in the 200m IM and bronze in the 400m IM at the 2009 World Championships
Won two bronze at 2007 FINA World Championships
Won gold in 200 and 400m IM at 2006 Commonwealth Games
Selected on 2006 Australian Commonwealth Games Team aged 17
Won two bronze at 2006 Pan Pacific Championships

INTERNATIONAL MEDAL TALLY

MEET	GOLD	SILVER	BRONZE
Olympic Games	3		
World Championships		1	3
Commonwealth Games	2		
Pan Pacs			2
World Short Course			

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
Olympic Games	Beijing, China	2008	1 st 200m, 400m IM, 4x200m free
World Champs	Melbourne, Australia	2007	3 rd 200m, 400m IM; 4 th 4x200m free
	Rome, Italy	2009	2 nd 200m IM, 3 rd 400m IM, 5 th 800m free relay, 1 st 200m, 400m IM
Comm Games	Melbourne, Australia	2006	3 rd 200m, 400m IM; 5 th 200m fly; 9 th 100m fly
Pan Pacific Champs	Victoria, BC, Canada	2006	3 rd 200m, 400m IM; 5 th 200m fly; 9 th 100m fly
	Irvine, California	2010	Withdrew at event with shoulder injury
Duel in the Pool	Sydney, Australia	2007	2 nd 200m IM; 7 th 200m free
	Canberra, Australia	2009	3 rd 200m IM, 400m IM; 4 th 4x100m relay; 5 th in 400m medley relay; 16 th 200m free
Junior Pan Pac Champs	Maui, USA	2005	1 st 100m Fly, 200m IM; 4 th 200m fly, 400m IM, 4x100m medley
Oceania Champs	Suva, Fiji	2004	1 st 4x100m medley; 2 nd 100m Fly, 400m IM; 3 rd 200m IM, 100m Back; 4 th 50m Fly
Japan International	Chiba, Japan	2007	1 st 4x200m free; 2 nd 200m, 400m IM; 10 th 100m back

TEAM WELSH

Chris WRIGHT

AGE 22

NICKNAME	Pup, Wrighty
D.O.B	7/05/1988
BORN	Cairns, QLD
LIVES	Brisbane, QLD
PHYSICAL	187cm, 83kg
CLUB/INSTITUTE	Commercial QAS
TRAINS (POOL)	Chandler
COACH	Stephan Widmer
MAIN EVENT	200m Butterfly

PERSONAL BEST TIMES – LONG COURSE (50m Pool)	
50m Butterfly	– 24.12 - 2008 Telstra Australian Championships
100m Butterfly	– 52.40 – 2010 Pan Pacs
200m Butterfly	– 1:56.20 – 2010 Telstra Australian Championships
PERSONAL BEST TIMES – SHORT COURSE (25m Pool)	
50m Butterfly	– 23.24 - 2009 Telstra Australian Short Course
100m Butterfly	– 50.90 – 2008 FINA World Cup - Sydney
200m Butterfly	– 1:51.11 – 2009 Australian Short Course AR



OUT OF THE POOL

FAMILY MEMBERS	Mum – Sharon, Dad- Geoff, brother Nathan
STUDIES/OCCUPATION	Architecture at QUT
OTHER SPORTS PLAYED/PLAY	Indoor Cricket, Rugby League
ULTIMATE RELAXATION	Watching cricket
SPECIALITY IN THE KITCHEN	Spag Bowl
ONE THING YOU CAN'T LIVE WITHOUT?	Soft Drink

IN THE POOL

INDIVIDUAL AUSTRALIAN LONG COURSE TITLES: 0

CAREER HIGHLIGHTS

Represented Australia in 200m fly at World Championships in Rome
 Won silver in the 200m butterfly at the 2009 Australian Championships
 Won gold in 200m fly at 2009 Telstra Australian Short Course in Australian record time
 Won four silver and one bronze at 2008 Oceania Championships

AUSTRALIAN TEAM REPRESENTATIVE HONOURS AND RESULTS

MEET	LOCATION	YEAR	RESULTS
World Champs	Rome, Italy	2009	27 th 200m fly
Comm Games	Delhi, India	2010	4 th 100m fly, 200m fly
Pan Pacs	Irvine, California	2010	6 th 100m fly, 11 th 200m fly, 13 th 50m fly, 47 th 100m free,
World Short Course	Manchester, England	2008	8 th 50m fly; 11 th 200m fly; 24 th 100m fly
	Dubai, UAE	2010	9 th 100m fly, 4 th 200m fly
Oceania Champs	Christchurch, New Zealand	2008	2 nd 50m, 200m fly, 4x100m free, 4x100m medley; 3 rd 100m fly
Duel in the Pool	Canberra, Australia	2009	5 th 100m fly, 3 rd 200m fly

FAVOURITES

SPORTING TEAM	Australia Cricket team and the NQ Cowboys		
MOVIES	Remember the Titans, The Rocky Series		
TV SHOW	How I met Your Mother		
BANDS/MUSIC	Breaking Benjamin, Bullet For My Valentine	HOLIDAY	Fishing Trip in the cape is hard to beat
FOOD	Chicken Parmigiana	DRINK	Coke Zero
SWIM MEET	World Champs in Rome		
HOBBIES	Cricket, going to the beach and park with my dogs, Fishing		
PETS	2 Dogs – Kalani and Meeko		
INTERESTING PERSONAL FACT	Susie O'Neill is a part of my extended family and I can't wait for my team to beat her team in the summer series		
WHO HAS BEEN THE BIGGEST INFLUENCE IN YOUR LIFE AND WHY?	My Parents for all of the support		
PROUDEST SWIMMING MOMENT	Australian Record at the Australian Short course		
MOST FAMOUS PERSON YOU HAVE MET	Ian Healy when I was getting my car washed.		
HAS ANYONE IN YOUR FAMILY REPRESENTED AUSTRALIA, AND WHO?	Except for Susie (extended family), no		
WHAT WOULD YOU LIKE TO DO POST SWIMMING	Play Cricket		
WHEN DID YOU FIRST START SWIMMING AND WHY?	7 years old because my learn to swim teacher saw I had some potential		



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