



Zonal Championships

11 Feb 2017

Swimmer Profile

Matthew Sexton

Club: Sundevils

Best Stroke: Breaststroke

Age: 14

Coach: Willy Benson

Greatest achievement/s in swimming:

Winning medals at AIM's Games

Major goals for the next 2 years?

Go sub 1.10 for 100 breaststroke
Medal at NAG's

What is your favourite motto?

The only place speed comes before training is in the dictionary.

If you could play another sport what would it be?

Canoe Polo

What would your superhero name be?

Matthew

Who or what inspires you and why?

My coach Willy Benson, because he started as a swimmer who couldn't qualify for Junior Nationals and made it all the way to the Olympics!