**August 2018**

**Tahlia Blanshard**

*Age: 18 years old
Sport: Swimming, Dancing, Netball*

My name is Tahlia Blanshard and I recently turned 18 years old. I graduated school last year and am now studying health science majoring in exercise at the Australian College of Physical Education with the hope of one day studying biomechanics. I love my degree so much so far and going to a smaller university makes handling the change of school to university so much easier.

Asides from swimming, I am a netball coach for a local 16-17’s team and I am a dancer, I have been dancing for 11 years now; so when I’m not in the pool I’m usually on a netball court or dancing. I travel over 40min south 6 days a week to train in Woy Woy. My goals are to become a Paralympian, break a butterfly world record, and to encourage other people to join swimming as I was only taught about multiclass sport when I was 12 and I wish I’d learnt about it many years earlier.

My greatest achievements include making my first Australian Open finals for 50m backstroke and butterfly in 2016, setting the Australian open short course S9 200m butterfly record in 2017, and now making the Australian team for the CP world games this year. The games will be my first international competition and I am extremely excited, also, it’s going to be really different to what I’m used to because I have never been out of the country before.

In Spain I will be racing 50, 100, 400 freestyle, 100 backstroke, 100 breaststroke and 200 individual medley. I don’t race breaststroke often, so I am really excited to show off my 1-armed stroke. My goals at the games are to set loads of new personal bests, win a medal and make lots of friends from other countries.