**July 2018**

**Nick Riches**

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*Age: 27 years old
Sport: Rugby League, Touch Football, Football, Athletics, Tae Kwon Do*

My name is Nick Riches. I am 27 years old and I am off to the CPISRA Games in Spain to represent Australia in August! I train several days a week which includes gym training weekly and touch football once a week, plus I do athletics training with my dad too. I compete in the NSW physical disability rugby league division in Sydney as well as in my local touch football competition for the Gophers, Rugby League for the Wests Tigers, and now and again I compete in soccer too.

My sporting goal is to be the best I can be in each of my sports and always aiming for the Australian team in the sports I compete in. I can’t say I can pick my proudest moment as there are a few! Some of my proudest moments include representing Australia in the last CPISRA Games where I got a bronze in the Tae Kwon Do and a silver in the athletics. I was also presented a trophy at these Games for best competitor.

I am proud of representing Australia in the first ever disabled rugby league international against the All Blacks and winning in QLD at the Commonwealth Championships earlier this year. I am proud of my national wins also, including becoming the national Judo champion (aju) special needs division a few years ago and representing NSW in the national soccer championships in 2009, where we becoming national champions!

Away from sport, my career goals include finding a good job that I like and that also pays well. I competed at the Nottingham CPISRA Games in 2015, it was fantastic, an eye opener and a great experience. My goal this time in Spain is to try to win a medal again. Away from sport, I am a Sci-Fi freak and love to collect coins.