**October 2019**

**Charlize Colwell**

My name is Charlize Colwell. I am 12 years old, and I am in year 6 at Oak Flats Public School. I have proudly represented NSW for three consecutive years in Athletics and Cross Country. My local little athletics club is Albion Park and I choose to represent Athletics Wollongong in Athletics NSW events.

​

I have also participated in soccer through the Football4all gala days and the Pararoos Development Squad.

​

My long-term goal is to represent Australia at an International Competition. In the short term, I will be having surgery on my right leg and my goal is after surgery to come back stronger than before.

​

My biggest achievement has been bringing home three gold medals from the Australian Cross-Country Championships held in Queensland in 2018.
One of my proudest moments in Athletics was winning silver at the State Championships against girls much bigger than me.

My favourite events have been the relays at National Athletics. I enjoy the team atmosphere and we have been successful in winning a medal every year.

​

As a current vice-captain of my primary school, I was successful in my application for a leadership scholarship for 2020 at my new high school. My goal is to continue in a leadership role in my high school years. When I finish high school, I wish to attend University. My current career choice is primary school teaching.

​

Before I started competing in Athletics and Cross Country, I didn’t know any other children with cerebral palsy. But in the three years that I have been competing I have met loads of children with cerebral palsy that compete just like me. We have become the best of friends and I hope we can all stay in touch as we get older.

​

I would like to thank CPSARA for the Margaret & Allan Gregson Encouragement Award at the recent awards night. Unfortunately, I couldn't be there on the night as I was at National Cross Country.