**August 2021**

**Jess Cronje – Tokyo Paralympics Special**

Tamsin recently zoom interviewed CPSARA Paralympian Jess Cronje about her recent experience in Tokyo competing with the Australian Gliders.  
  
What was your favourite part about the Tokyo Paralympics?  
Being in the village, the village atmosphere and being with the whole Australian Paralympic Team. How we all got along and encouraged each other was amazing, I hadn’t experienced it on that big of a scale before.  
   
What is it like quarantining at home after Tokyo, how are you keeping fit and entertained?  
It’s good, I’m liking being at home. I have lots of room, I’ve got a gym set and some other exercise equipment that I can still get active on. I’ve got all my animals to look after, so I’ve got a few things to do around the house.  
   
What is your next sporting goal now that you’ve come back from Tokyo?  
There is a world championship tournament next year, which will be the qualifiers for the next Paralympics in Paris. I’d like to go there and qualify for the next Paralympic Games.  
   
What teams or clubs do you play wheelchair basketball for?  
I play for the Sydney Metro Blues Hornets in the National League. I was also a part of the Under 25 Australian Devils for the last two World Championships, and I’m now a member of the Australian Gliders.  
   
What is your proudest sporting moment or achievement?  
My greatest achievement was going to the Tokyo Paralympics, and my proudest moment was in one of the games I played in Tokyo where I made my free throws.  
   
What sports have you previously participated in and with which clubs?  
I started in athletics, where I competed for Campbelltown and Camden in Little Athletics. I was also a part of theSouth-West Sydney region for athletics.  
   
What was it like for you to train from home during lockdown, and was it much different from your normal program?  
I was pretty lucky with my equipment that I have at home because I’ve got my own training set up in the gym, well the garage that I’ve turned into a gym. I’ve got my own weights and a hand crank as well as a local bike track that’s on our property to help with the fitness.  
   
Do you have any interesting isolation insights or advice that you would like to share?  
Always try to put a positive spin on things. At the moment, we’ve got a countdown for what’s in our quarantine, so I always try and put a positive spin on it like how many days I’ve done and not how many days left until the end. I’ve got a new routine and have set alarms on my phone to get up and do some different things throughout the day. I’ve got a few activities like reading my book and some drawing and colouring in, and just making sure to talk to my friends and family.  
  
Would you like to share any other interesting facts about yourself?  
I’ve had a trip to South Africa, I went there to see my grandparents and I went up close to a two-year old baby Rhino called Mowang. I also met a four-month-old tiger cub called Lucy, that kept climbing onto my lap when I went into their enclosure to visit three baby tigers. I have three siblings in South Africa, one sister who is five and two brothers, Xander is three and Josh has just turned one. Sometimes they take my dad’s phone and they’ll ring or message me, or they’ll just pop up on Facetime on my phone. Back home, I’ve got an uncle who teaches me a few things like how to fish and split wood and build fires.  
   
How old are you, are you studying at the moment and what are your educational goals?  
I’m 23, and I’ll be starting my course in Fitness soon to get my Certificate. I’d either like to become a personal trainer or do something in administration or sales reps to help with joining fees.