​ **August 2020**

**Nicholas Lapsley**

Hi, my name is Nicholas Lapsley and I am 19 years old. I am in my first year of university at the International College of Management, Sydney, studying a Bachelor of Business (Entrepreneurship).

I currently engage in competitive swimming at the New South Wales multi-class swim meets and previously, whilst at high school, the New South Wales Combined High Schools competition.

My proudest moment in swimming is when I smashed my personal best by six seconds in the 100 metre freestyle during 2019. My swimming goal is to be able to swim in the World Cerebral Palsy Games and receive a medal.

During the lockdown, I have been keeping my fitness up by doing more on ground exercise sessions and connecting to my trainers online. This has made it quite difficult as the trainer can’t fix your technique as easily. We are also limited to a smaller range of exercises.

Since the Covid-19 restrictions eased off slightly I have started going back to the Cerebral Palsy Alliance gymnasium and swimming at the Warringah Aquatic Centre. We are still waiting for our CPA swim squad to recommence.

During September I will be doing Steptember to help fundraise for Cerebral Palsy. This is basically doing 10,000 steps or more a day for 4 weeks with my team of four. We have named the team Stepoholic. I have also been using this opportunity to promote facts about cerebral palsy and sharing my experience via social media. I am hoping I can raise $1,000 for this great cause.

Outside of sport, I like to invest my money by regularly looking in the share market. I watch videos from successful investors to gain tips. I also like to develop business ideas by doing research and developing business plans. My study at university has helped me gain valuable knowledge and experience and I’m planning to be a successful entrepreneur.

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