**December 2023**

**Hugo Kasprzak**

1. How old are you and what school do you go to?

I’m 11 and I just finished Year 5 at North Rocks Public School.

2. What sport/s do you participate in and with which club/s?

I do Little Athletics with North Rocks Carlingford Little Athletics Club in the Multi-Class group. I recently started training with Matthew Rawlings and his athletics squad, and can see my results getting better & better already.

In winter, I play soccer (able-bodied) with my friends at North Rocks Soccer Club, and also attend Pararoos Soccer Clinics throughout the year.

I also do swimming lessons and gymnastics for fun & therapy. At school, I’ve played on the AFL and Teeball PSSA teams, and also represented my school at State Athletics & Zone Cross Country this year.

3. What is your sporting goal? (E.g. what level of competition?)

I’d love to represent Australia at the Paralympics in either Athletics or Soccer.

4. What is your proudest sporting moment/achievement?

Coming 2nd in 100m at the State Little Athletics Championships earlier this year in my first ever Little Athletics season.

I was also just elected a School Sports House Captain for 2024.

5. What do you love most about competing in sport and being around other para-athletes?

I like the challenge of competing in various sports, and most of all it’s a lot of fun! I’ve enjoyed meeting the other para-athletes over the last 2 years and getting to know other people like me who are overcoming different challenges like I’ve had to go through.

6. What do you love doing outside of sport?

I love gaming, doing flips on the trampoline, hanging out with my Frenchie Biggie, and swimming… especially doing big bombs into the pool!

7. Would you like to share any fun or interesting facts about yourself?

I’m Australian, made with Polish parts :) (my parents were both born in Poland). I have travelled to 17 countries and have lived in Hong Kong, Cambodia & Singapore.