**January 2021**

**Chloe Oates**

My name is Chloe Oates. I am 18 years old, and I am in year 12 2020 term 4/2021 at Roseville College. I participate in swimming with Macquarie University and at school. I started multi class swimming when I was 10 years old in 2012 as I was only diagnosed with cerebral palsy in 2012. I train 3 times a week at Macquarie University and 2 times a week at School which will change to three sessions at the start of 2021 in term 1.

My proudest achievement is probably getting the qualifying time for Australian Age Nationals for the S10 50m freestyle at IGSSA swimming 2020. Also going to State Age Championships for 50m freestyle.

Another achievement is coming second at NSWPSSA in year 5 2014 for the 11-13 years 50m breaststroke. My sporting goal is to make it into the NSW Paralympic development squad 2021-2022. I would also love to make it into Open Nationals for swimming in 2021 or 2022. My long-term goal is to make it into the 2024 Paralympics for the 50m freestyle and 100m breaststroke.

When I leave school, I would love to do sports exercise and management and work for the Australian Paralympic Committee or do sports admin at a school. I would also love to do youth ministry at youthworks as well after doing Youthworks Year 13, which is a Christian gap year.

Doing school from home was not too bad except it is definitely nice to be back on campus for school. It was not too boring as the teachers made sure that we had work to do and that we had zoom classes.

Training from home was alright but I definitely prefer training at an actual pool. To stay active, I used my bungee cord in the pool so that I could still train. I did this about 3 times a week for around an hour. I also did some workouts using an app about 2 times a week for around an hour and a half. It was definitely different to my normal program as I decided what to do instead of having a set program. The first thing I wanted to do when quarantine was over was to train for swimming and to go back to school in person. Also, to go to youth group and bible study as it was online for two terms.