**September 2020**

**Beau Matthews**

My name is Beau Matthews. I am 11 years old and in year 5 at school. I have Dystonic CP and this challenges me everyday. My involvement in sport and the wonderful friendships I’ve made has helped me in so many ways. I am mainly involved in swimming, athletics and football. I also enjoy playing basketball and surfing. I am most comfortable in the water as that’s where I feel most free.

My family always encourages me to chase my dreams and I hope that one day I will represent Australia at the Paralympic Games. I hope that in 2021 I will qualify to compete at State and National competitions when they resume.

I am always proud to represent my school and sporting clubs at competitive meets. My proudest sporting achievement has been representing NSW PSSA in Track and Field at the 2019 School Sport Australia Championships in Darwin. I was also proud to break State records at the 2019 Swimming NSW PSSA Championships.

I am not sure where life is going to take me but I am interested in Robotic Engineering as I would like to be able to design and create robotic innovations that could help people with challenges, like CP.

The COVID-19 Pandemic has changed the way that I have been able to train this year. Thankfully my swim coach provided training programs that I could do at home. I am glad now to be moving back to training with my coach and squad.

Recently I was awarded the Margaret and Allan Gregson Encouragement Award for Male Athletics. I was very proud to win this award and to have my hard work, dedication and competitive results recognised.

I am so grateful for my family as they are my greatest supporters. Their endless encouragement helps me every day to keep chasing my dreams. Thank you also to CPSARA for providing encouragement and the many inclusive sporting opportunities that I have been able to enjoy.

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