**December 2021**

**Nicholas Khamis**

Hi, my name is Nicholas Khamis and I am 20 years old.

I won the CPSARA David Campbell Encouragement Award for Football this year. The award represents all the hard work and resilience that has taken to get to this point in not only football but in life and gives an extra reason to keep pushing when it sometimes might be hard.

So far I am very proud of the 16 years of able body football that I have competed in and the selection to be a part of the NSW CP football team for my first time in 2019.

Lockdown was a time of growth where I focussed on my diet and long-distance fitness and made a big effort in trying to run 3-4 times a week.

My goals for next year is to just get back on the field and try to get some consistency in my training and be around all the team to try and improve and hopefully be a part of the 2022 NSW nationals team and be a contributing member of the team.