

Swimmer Profile	
Name: Aliesha Mitchell	Age: 15
Club: Karori Pirates	Coach: Steve Francis
About	
Greatest achievement in swimming: Bronze 800m free at NAGs 2014 Bronze 400m free at Juniors 2013 Gold 200 free at Summer SW Champs 2015/16	
Major goals for the next 2 years: Medal at NAGs and qualify for NZ Opens	
What is your pre-race ritual? Stretching and deep breathing	
If you could only eat one thing for the rest of your life what would it be? Pizza	
Who or what inspires you and why? Lauren Boyle because she swims the same distances as I swim and has done extremely well internationally.	
School/University/subjects/company/position? Onslow College	