

Swimmer Profile	
Name: Jacob Garrod	Age: 19
Club: North Shore Swimming	Coach: Thomas Ansorg
About	
Greatest achievement in swimming: Being selected for the 2014 Youth Olympic Games in 200m Breast.	
Major goals for the next 2 years: 2016 Olympics, 2016 World SC Champs, 2017 World LC Champs.	
What is your pre-race ritual? Listening to Music	
If you could only eat one thing for the rest of your life what would it be? Pasta	
Who or what inspires you and why? Seeing the International Competition and how they're performing.	
School/University/subjects/company/position? Massey University studying Business. Swim School Teacher at Millennium Swim School.	