



Zonal Championships

11 Feb 2017

Swimmer Profile

KIANA SWAIN

Club: Pukekohe

Best Stroke: Butterfly

Age: 15

Coach: Sue Cheyne

Greatest achievement/s in swimming:

Bronze medal in opens finals at Short Course Champs 2016
Making the long list for 2017 Youth Commonwealth Games

Major goals for the next 2 years?

Making the Junior Commonwealth team 2017
Medals at Aussie Age group 2017/2018
Medals at Opens 2017/2018

What is your favourite motto?

One moment of pain can lead to a lifetime of success.

If you could play another sport what would it be?

Gymnastics

What would your superhero name be?

Namora



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Who or what inspires you and why?

Emma McKeon because at the Rio Olympics she came 5th in the 100 fly and then she turned things around and had a huge comeback and medalled in the 200 free as well as the relays.