**Greenfields Amateur Swimming Club est 1965**

**MEDIA RELEASE Date**

**JANE SWIMS AGAINST THE TIDE**

Having been forced into a wheelchair after a serious car accident just three years ago, few people expected Greenfields schoolgirl Jane Smith to swim again.

But the former primary school champion was determined the accident which changed her life forever would not prevent her from competing.

Each night as she lay in bed, she looked up at the posters of her hero Olympic champion Susie O’Neill on her bedroom walls and vowed she would return to training and racing.

That day came this week when Smith, now 16, returned to the water at the Greenfields pool for a light training session under Greenfields ASC club coach Ron Roberts.

“It was heavenly. Everything I dreamed about and more,” an emotional Smith said.

“Ever since the accident I have wanted to be back swimming. Water played a significant role in my rehabilitation both physically and mentally.

“I always knew I would eventually achieve my goal of training and racing again.”

Smith, who will compete in the S6 class in disabled swimming competition, plans to race at this month’s Sydney Age Championships at the Sydney Olympic Park Aquatic Centre on *(insert Date/Year).*

“I won’t be able to stand on the blocks the way I used to but just to hear the gun go off and to be back at a swim meet will be wonderful,” she said.

“My goal was to be an Olympian. I have now changed that to become a Paralympian.

“For me it will be a harder goal to reach, but after my accident just being back in the water is a victory.”

**FOR MORE INFORMATION**

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