**Greenfields Amateur Swimming Club est 1965**

**MEDIA RELEASE Date**

**SOPHIE POOLS FAMILY TALENT**

When you consider her family history, there is little surprise Greenfields schoolgirl Sophie Dixon is making a name for herself as the next ‘big thing’ in the swimming community.

Her father Angus represented Australia in the men’s 4x100m freestyle relay at the 1976 Montreal Olympics, while mum Debbie was an accomplished schoolgirl representative claiming four consecutive Combined High Schools medley crowns.

The 12-year-old member of the Greenfields ASC is forging a reputation in women’s breaststroke taking out the NSW age titles in both the 50m and 100m events.

She holds club, school and State records for both events and was named ‘Swimmer of the Meet’ at the recent PSSA Championships after she broke a record set by multi-Olympic medalist Brooke Hanson.

“I guess swimming came naturally because mum and dad did it,” Dixon says.

“My sister Molly and I started lessons when were a year old, so I can’t remember a time when I wasn’t in the water.

“Sometimes I feel there is pressure on me to do well because of my parents’ achievements. But there are good bits associated with their success too. They know what I’m going through so can support and encourage me.”

Dixon hopes to continue her record-breaking run when she takes on long-time rival and club-mate Milly Press at the Sydney Age Swimming Championships at the Sydney Olympic Park Aquatic Centre, Homebush on (insert Date & Year).

“We’ve raced against each other since we were nine, so it won’t feel any different,” Dixon said.

“Milly and I are great friends and our competition only makes us both swims faster.”

**FOR MORE INFORMATION**

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**STAR IN THE MAKING PROFILE**

**Name:** Sophie Dixon

**Age:** 12

**School:** Greenfields Public School

**Sport:** Swimming

**Coach:** Don Champion

**Club:** Greenfields Amateur Swimming Club

**Achievements:** NSW 12 years 50m, 100m breaststroke champion. NSWPSSA swimmer of the meet, 2020. NSW Institute of Sport development squad. Junior women’s club champion Greenfields Amateur Swimming Club 2020.

**Goal:** To compete at the 2020 Pacific School Games. To represent Australia at the 2024 Olympics.

**Training schedule:** Six 1 ½ hour sessions a week

**Other sports:** Hockey, netball and softball

**Hobbies:** Clarinet

**Sporting hero:** Leisel Jones

**Pre-race snack:** Red frogs

**Psych-up music:** “We are the Champions” - Queen

**Superstitions:** Always wears pink goggles

**Next competition:** Sydney Age Swimming Championships, Homebush April 18-19.

**Motto:** “Winners are grinners!”