

My swag of medals



Summalea Arndt was one of the top swimmers at the School Sport Australia Nationals.

Arndt of Glossodia swims her way to national success

SWIMMING

by Matt Jones

GLOSSODIA swimming star Summalea Arndt says the thrill of watching the Olympics spurred her on to success at the School Sport Australia Nationals meet last week.

Arndt claimed silver medals in the 50m

and 100m freestyle and another silver in the 50m breaststroke.

The NSW side, which Arndt was a member of, also claimed gold in the 4x100m, 4x50m, 8x50m and 4x50m medley relay races.

The 17-year-old said she was just happy to be there.

"I didn't even expect to make it there this year. I was aiming to get into the finals. I did personal bests in all my events," she said.

"I just wanted to go well. The Olympics were on and you just want to feel a bit like an Olympian I guess."

Arndt, who is school captain of The Hills Sports High School, trialled for the Australian Olympic swim team earlier this year and finished 28th overall in the 50m butterfly.

Despite missing out, she's still rising at 4am each morning and training 12 times a

week in the hope that she really will feel like an Olympian in 2016.

"After school I want to keep going. I'm not sure what I want to do after school, so I'll keep swimming," Arndt said.

"I want to improve my starts and I want to concentrate on my 50m and 100m freestyle.

"The Olympians are doing 53s in the 100m so I've got a bit to improve on."

Photo: Kylie Pitt