

SWIMMING

# Winning attitude the key

## MINDSET TRAINING TO HELP TEEN TAKE ON RIO QUALIFIER

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LEONAY swimmer Sarah Keenahan started swimming competitively two years ago and realised quickly she enjoyed the challenge and the thrill of winning.

Sarah, 14, wants to qualify for the 2016 Paralympics in the S6 category and will compete at the trials in April next year.

"I enjoy sharing my accomplishments with my friends and family," she said. "I got a bunch of Australian records for my 400m and 200m freestyle, 50m and 100m backstroke and 100m butterfly.

"I train every day but Sunday and I wake up at 4.30am for the morning training on Monday, Tuesday, Wednesday, Thursday and Saturday. I also train on Friday and Wednesday afternoons.

"I will be going to the Paralympic trials in Adelaide in April.

coach about which events I will focus on more.

"You have to be in the top five in your category to qualify for Rio.

"I will be thrilled and excited if I make it to the Rio Paralympics."

Sarah plans to compete at the Pacific School games in November.

She was recently introduced to success mindset coach Kathryn Orford who specialises in working with athletes and performers.

Ms Orford said as a performance coach she identifies any limiting beliefs a sports person may have such as believing they are not going to make it.

"In some cases society puts people in boxes and labels and then people live in them unless someone tells them to break free."

Ms Orford's coaching paid off for Sarah recently in the Tasmanian State Short Course Championships where she prepared Sarah mentally for the pressure of

