



## County Athletes Programme Athlete Profile Form

**Name** Daniel Waddingham

**Picture**

**Sport** Swimming



**How Long have you been doing your sport?**

9 years

**What influenced you to take up the sport?**

As most parents, my mum and dad wanted me to learn to swim for holidays and to stay safe so I went along to local council lessons where I progressed through the stages. A teacher there introduced me to Nuneaton swimming club, which at first I wasn't keen but I finally gave it a shot and started to move up the squad levels until where I am today.

**What have you achieved in your sport?**

So far in my sport I have gained numerous medals at county and district level and at both levels have held many junior records in a variety of events. I have qualified for national events including the Commonwealth Trials in 2006 and Olympic Games trials this year. I have also made county and district teams being able to captain both teams as well. I have recently been selected to represent England at the Commonwealth Youth Games in India for the freestyle relay teams.

**What are your future aspirations in your sport?**

As any athletes dream is to represent my country at the Olympic Games and mine is no different. I would love to be in the final of the 2012 Olympic trials with the qualification time in reach and a place on the team. I would also like to represent my county at many other competitions including World Student Games, World Championships, European Championships and Commonwealth Games.

**How often do you train?**

My weekly training programme includes 15 hours swimming in the pool. Training every weekday evening and Tuesday, Wednesday, Thursday and Saturday mornings. Friday afternoon sessions and Saturday morning session I train at Loughborough Uni training with the GB squad. As well as training in the pool I carry out 3 gym sessions a week which last about an hour and half.

**Why do you enjoy participating in sport?**

I love racing, I train to race. Standing on the blocks trying to



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better my PBS and competing to win feels great. I do like the training as well especially when it's going well. There are a few specific sets we do which I enjoy completing. I also enjoy the social side; I get to travel different places in the country and some overseas. Meeting new people and having a good time is also an important to be able to enjoy the swimming side.