

## RITCHENS' ROCKS!

23/09/09

One of Lane Cove Swimming Club's youngest stars has shone brightly at the Australian School National Championships in Perth.

11 year old Sam Ritchens was part of the NSW team that set a new 11 years national record in the 4x50 Fs Relay, in a time of 1.57.37.

His record breaking effort followed his individual Silver medal he won in the 50m freestyle event in a personal best time of 29.23 – 0.04 seconds ahead of third place proving just how important a strong finish is!

Ritchen's coach, John Thompson, says the young swimmer has improved remarkably since he started swimming competitively earlier this year.

"Sam has only been involved in competitive swimming for less than a year but is already making his presence felt.

"Last month, he finished top 10 in the NSW Short Course Championships.

He has a good feel for the water and trains well – he has the potential to go far" Thompson said.

Ritchens swimming career began at Lindfield Public School, which this year won the Ku-ring-gai zone swimming championship for the 36th year in a row.

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