



ABOUT ME

PERSONAL GOALS:

To do what I love and never give up! It's always encouraging to do the different sports and get a new Personal Best (PB), or score a try in rugby knowing I have given my best.

FAVOURITE ATHLETE:

Cheslin Kolbe, South African Rugby Union player.

FAVOURITE SCHOOL SUBJECTS:

Health and Physical Education

FAVOURITE TEAM SPORT:

Playing rugby, I enjoy any sport where running is involved and I can train together with my friends.

CAREER GOALS:

I know I'm still young and it could change every week but I would like to become a Lawyer and to hopefully make it through to the 2032 Paralympics.

MY ATHLETE JOURNEY

Daniel Pretorius

Wide Bay Region

Cross Country – Queensland School Sport Merit Team 2021, Queensland Team 2017

Swimming – Queensland Team 2017-18

Other sports: **Aquathlon, Rugby Union, Track and Field**

What do you enjoy most about competing?

“Building new friendships, supporting my fellow athletes and keeping each other motivated and especially congratulating each other when we gave our best.”

What are some of your favourite school sport memories?

All Schools Rugby 2020, National Cross Country titles in Hobart and the Pan-Pacific School Games Swimming Championships in Adelaide. During this time I competed with fellow multi-class athletes and we have become great friends over the years.

What motivates you to continue on your athlete journey?

After watching the Olympic Games, they inspired me to make my goal of going to the next Paralympics and hopefully come back home with a medal.

What personal habits / routines do you use to prepare for sport?

I train three days a week with my coach and visit the gym to build strength. Eating healthy, staying hydrated and getting enough sleep are very important, especially for a young athlete that is still growing.

All athletes on occasions have bad days, either at training, in competition or both. How do you overcome these “low” days?

I have great support from my family and friends who always teach me to keep my head up, to hang in there and never give up. Learning from experience and finding ways to do better is what helps me.

What advice would you give to another athlete wanting to succeed in their sport?

Work hard to reach your goals, but what is most important is enjoy what you do 100% of the time, and never give up!



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