



PROMISING ATHLETES PROGRAMME

AMRIT LALLI - Swimming

I am very grateful for the support. Being part of the programme means that I can swim whenever I am free and start to use the gym for further strength building. I am committed to swimming and would like to achieve the highest goals possible.

OVERVIEW

What other hobbies or interests do you have and are you involvement in any charity work?

I enjoy gaming and going to the cinema.

Who has been your role model and why?

Michael Phelps has been my idol because of his achievements in Butterfly stroke which is my favourite stroke. I have read his amazing biography.

What type of training facilities do you use or need?

I would like to use the swimming pool for extra swimming sessions so that I can practice by myself. I would also like to use the Gym so that I can build my strength.

What other sports or activities do you enjoy?

I enjoy playing Rugby, running at school and basketball.

Why did you select the sport you have?

My friend was swimming at the local club , Zambezi .My friend left the club but I kept going and enjoyed the sport. However, I wanted to experience competitive swimming. I then joined Bexley swim club aged 8.

What Awards and Accomplishments have you achieved so far in the sport?

I have competed at Kent County level aged 11 and 12. I competed at regional level last year. I have also achieved a Bexley Swim Club record for 100m Butterfly this year.

What does being part of the Promising Athlete Programme with Parkwood Leisure mean to you and your future success?

I am hoping to achieve further personal best swims and ultimately get to the nationals for swimming next year. I am hoping to achieve further personal best swims and ultimately get to the nationals for swimming next year.

[Amrit Lalli - Photo](#)

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