

Ryan to captain the State team

By Teneille Watson
SW Development Commission

SOUTH West Academy of Sport scholarship holder and swimming extraordinaire Ryan Evernden is preparing to dive into his latest challenge — captaining the West Australian Swim Team through a national contest.

The 17-year-old has been hand-picked to lead WA through the 2011 State Team's Age Short Course Championships and is heading to Canberra this month with his team.

Held annually, the team-based carnival sees the cream of Australia's junior swimming talent compete for points for their State or territory.

'It will be really tough, it's all the top swimmers from around Australia,' Ryan said.

'Every State has a team and they all pick their top swimmers.'

Ryan, who trains at the Bunbury Swimming Club under coach Nick Ciffolilli, is hoping to score points for WA in numerous events including his two personal favourites, the 400m individual medley and the 200m breaststroke.

The Bunbury Cathedral Gram-

mar School student is working hard to ensure he can perform at his best, attending not only his usual eight gruelling pool training sessions a week, but also sweating it out in regular gym sessions.

'It's so much more competitive when you take that step from State to nationals,' he said.

No stranger to the national stage, Ryan has competed in a number of national-level competitions.

During his time in the water, he has broken 95 Western Australian Country All Time and residential records, 79 as an individual and 16 as part of the Bunbury Swimming Club relay team.

And when Ryan is not in the water smashing records or representing his State at national competitions, the nationally-ranked swimmer gives up his time once a week to help coach a senior squad at his swimming club.

'I've been doing that for the past two years, just helping out when I'm needed,' he said.

'It's good, I quite enjoy it and I like to help out with the club.'



Bunbury Cathedral Grammar student Ryan Evernden has been selected to represent Western Australia at a national swimming contest in Canberra this month.