

ELLIE COLE

©AM PLY



@ELLIECOLESWIM

A MESSAGE FROM ELLIE

Thank you so much for taking the time to find out a little bit more about me!

I get hundreds of emails each week with so many interesting questions. Unfortunately, I don't have the time to answer them all. Here you will find information you might need for your school assignments including answers to some of the most common questions.

You can also get more information, photos and videos on my website elliecole.com.au or Instagram : @elliecoleswim.

Keep working hard and good luck!

Ellie

Ellie Cole
xx



FAST FACTS

Date of Birth: 12th December, 1991

Sport: Swimming

Events: • 100m Freestyle

Paralympic Medals: 6 Gold 5 Silver 6 Bronze

Impairment: Right leg above knee amputee

Cancer: Neuro Sarcoma

Swim Club: Knox Pymble

Favourite Quote: 'Insanity is doing the same thing over and over again and expecting different results'

Did you know... Ellie has a twin sister who represents Australia in Shooting?



FREQUENTLY ASKED QUESTIONS

How many hours a week did you spend training?

Athletes work very hard to make sure we are in tip-top shape and ready for competition. I would mostly train in the pool and gym and could spend up to 30 hours a week training.

How old were you when you first started racing?

I remember my first race like it was yesterday. I competed in the Vic State Swimming Championships when I was only ten years old. I lost and cried the whole way home! From that day, I trained towards becoming the best swimmer I could be and it led me all way to the Paralympic Games!

When did you make your first Australian Swim Team?

My first Australian Swim Team was the IPC World Swimming Championship team in 2006. We raced in South Africa and I was even lucky enough to go on an African Safari!

FAVOURITES

Food: Japanese Cuisine

Drink: Coffee

Colour: Indigo

Movie: My Big Fat Greek Wedding

TV Show: Schitts Creek

Author: Jodi Picoult

Animal: Dogs, dogs, dogs

Place: Mums kitchen

Hero: Natalie Du Toit

Superhero: Wonder Woman

Career Highlight: Carrying the flag at the Tokyo 2020 Games



FREQUENTLY ASKED QUESTIONS

How many Paralympic Games have you competed in?

Four in total: Beijing 2008, London 2012 and Rio, 2016 and Tokyo 2020.

How many legs do you own?

I am asked this question a lot! I used to need a new prosthetic every year when I was young because of how quickly I was growing. Now that I am an adult, I only need a new one when they break or I take some time off swimming and eat too much!

What does being a Paralympian mean to you?

My favourite thing in the world is to represent Australia! I think Paralympians have a really great opportunity to completely change what people think of disabilities. We have a really strong message to send to each and every one of you. That message is to Never Give Up.

What is the best advice you have for young athletes?

I see athletes come and go from their sport all the time. My advice: make sure you are doing what you enjoy. Too many times do I see an athlete competing in a sport because their parents want them to. If you find a sport you love and want to go all the way, then give it everything you have. Ask questions and always learn. Never walk away from a competition or training session without learning something new. If being a professional athlete isn't for you, then that's okay too.

RESULTS

-  2012 London - 100m Freestyle
-  2012 London - 100m Backstroke
-  2012 London - Medley Relay
-  2012 London - Freestyle Relay
-  2016 Rio - 100m Backstroke
-  2016 Rio - Freestyle Relay
-  2008 Beijing - 100m Butterfly
-  2016 Rio - 50m Freestyle
-  2016 Rio - 400m Freestyle
-  2016 Rio - Medley Relay
-  2020 Tokyo - Freestyle Relay
-  2008 Beijing - 400m Freestyle
-  2008 Beijing - 100m Backstroke
-  2012 London - 50m Freestyle
-  2012 London - 400m Freestyle
-  2016 Rio - 100m Freestyle
-  2020 Tokyo - Medley Relay