

# WAs next swimming hope targets Rio

Shayne Hope, The West Australian September 21, 2012, 6:37 am



Pic: Simon Santi © Brianna Throssell  
Brianna Throssell looms as WA swimming's next big star after being named in the national team for next month's FINA World Short Course Championships in Turkey.

Throssell starred at the national championships in Perth last week, claiming the Australian women's 100m butterfly title ahead of London Olympic gold medallist Brittany Elmslie.

The 16-year-old also took silver in the 200m butterfly at Challenge Stadium after winning four silver medals at the Junior Pan Pacific

Championships in Hawaii last month. But despite her success, the versatile teenager has her feet firmly on the ground.

"I just want to gain experience from every meet I go to," Throssell said.

"The Olympics is the goal in the long run, but that's many years away and there's a lot of hard work to be done between now and then.

"I wouldn't like to put pressure on myself, but hopefully one day.

"I need to improve on everything, I guess. All my skills, my technique, and I need to do a lot more kilo-metres in the pool to get there."

Previous Junior Pan Pacific Championships stars include London Olympians Jayden Hadler, Ryan Napoleon and Blair Evans, and dual Olympic medallist Elmslie.

Coach Matt Magee believes his young charge has the ability to achieve similar success on the international stage.

The pair have targeted the next Olympics in Rio de Janeiro in 2016 and mapped out a four-year plan.

"That's our agenda for the next four years and we're pretty confident that that's on track," Magee said.

"As an athlete she's got a lot of different strengths and I think that's exciting. She's got a great range in her physical capacity. She's a fantastic sprinter and she's also got an ability to swim distance as well.

"We're developing that range to make sure we don't limit ourselves down the track. The goal is to have as many options as we can in Rio."

Despite her age and relative inexperience, the Perth College student displays a maturity that is sure to stand her in good stead.

"Her training is extremely well managed," Magee said.

"Her school is very important to both of us and we have a lot of respect not just for her ability in the water, but also as a student, and academically she does well. We've got a great relationship with her school and that really helps."