



Swimming Australia Awards proudly brought to you by Hancock Prospecting  
Sunday 24 November 2019  
Museum of Contemporary Art, Sydney

Mr John Bertrand AO, President Swimming Australia  
President's Address

Our Patron Mrs Gina Rinehart

This week, as Patron and Founder, attended National Mining and related industries Day and National Agriculture Day and related industries! Plus last night...Hancock Prospecting Rower of the Year Awards!

"The agriculture and mining and industries are the backbone of our country.

It is the reason our small population is able to punch above its weight!

Without these industries, we would simply not have the standard of living we enjoy today.

Mrs Rinehart has been acknowledged globally for her contribution to Australian industry. For her vision and persistence. Results have been monumental.

Roy Hill, when they said it couldn't be done, she made it happen.

Welcome Gina!

243 days to the Olympics / 275 days to the Paralympics

### THIS IS OUR DREAM

Standing on the starting blocks  
1 billion people watching....know where to hide!

Our athlete is 'calm';  
Heart beat, pulse rate, lactic acid, adrenaline all in balance...  
180 degree peripheral vision  
Everything becomes **slow motion**...

Starters gun fires....1/2 sec reaction time  
First 50m / 14 breathes, final 50m / 18 breathes, final 10m / no breath.  
Smashed the Olympic and WR..... How easy was that! .... can't even remember the race!

### THAT IS OUR DREAM...for our athlete to be in their own 'flow zone' ...

We recently launched a new campaign...**Greatness Starts Somewhere.**

We want to inspire the nation // we want to excite the imaginations of the young.

- Greatness starts with just one person whispering to you 'you can do this', and YOU being courageous enough / try to be the best you can.
- It starts with volunteers being passionate enough to turn up, turn the lights on, fire up the kettle, organise the meets, the club.
- It starts when you stop counting laps, and instead make every lap count.
- Greatness is courage, unity, excellence! And GREATNESS is contagious.

It is now my great pleasure to introduce our Patron, Mrs Gina Rinehart.