

# Local schoolgirl takes up Olympic dream to trial for Rio games

May 18, 2016 10:25am

Jake McCallum Hornsby Advocate



Siobhan O'Malley trialed for the Australian Olympic team for the upcoming games in Rio. Photo: Adam Ward

IT is the dream of every competitive athlete, to trial for an Olympic Games — but for one local swimming star that dream became reality.

Loreto Normanhurst student, Siobhan O'Malley, 17, trialed for a position on the Australian Olympic swim team last month. While she was unsuccessful it was still an "exhilarating experience".



Siobhan O'Malley dominates in the pool. Photo: Adam Ward

"I was intimidated by the champions swimming beside me, yet empowered that I had made it to this level," she said. "I am extremely thankful for the opportunity to be a part of something transformative."

O'Malley said that the Olympic trial has been her ultimate goal since she began her competitive campaign 10 years ago and began her training in July, 2015.



Siobhan O'Malley will trial for the 2018 Commonwealth Games Team and the 2020 Australian Olympic team. Photo: Adam Ward

"I train nine sessions per week, for two hours at a time, whether it be swimming or dryland conditioning," she said. "Competing regularly helps to keep your mind in touch with the high pressure situations and stress you go through."

O'Malley is now more determined than ever and has her mind set on trialling for the 2018 Commonwealth Games Team and the 2020 Australian Olympic team.