

## *ROW's Alec Elliot Heading to Rio 2016 Paralympic Games - Swimming Competition*



Alec Elliot is a homegrown Paralympic swimmer. Alec got his start in ROW'S TOP program when he was eight years old. After taking a few years off of swimming, he returned to ROW and quickly worked his way through the Bronze to the Elite level.

In 2011 he competed at the International Children's Games in Scotland and brought home a bronze medal in the 200 fly for Kitchener. From 2011 to 2014, Alec competed at the Age group nationals level swimming in both the fly and backstroke.

In 2012 he obtained the S10 classification in Para-swimming for a congenital condition called syndactely and quickly established himself as one to watch in the Para-swimming world.

In 2014 he was named to the national team and his first competition was in Pasadena California at the Para-Pan Pacific games. There he landed on the podium three times with a silver and two bronze place finishes.

2015 saw Alec named to two national teams. He competed at the IPC Worlds competition in Scotland, making finals in five races and the Para PanAm team that competed in Toronto. There we won five bronze medals.



Now we wait and see. In April of 2016 he obtained his goal of making the Paralympic team that will compete in Rio de Janeiro, Brazil, in September 2016. He made the qualifying times for all races held at the games and has chosen to not compete in the 200IM. His family will travel down to watch him compete in the 50, 100, and 400 free and the 100 metre butterfly, back and breast stroke events.

His goal? To make finals in all the events and maybe bring home a medal. What happens after Rio? Well we have to wait and see.

Watch the Paralympic Games this September to cheer him on!

GO ALEC GO!

