

JACOB TEMPLETON REPRESENTING AUSTRALIA IN CALIFORNIA

MEDIA RELEASE

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In August Jacob Templeton from Devonport Aquatic on the state's north-west will be competing for Australia in Pasadena, California, in the 2014 Para Pan Pacific Championships.

Jacob targeted this team at the Australian Championships in Brisbane in April. "For this reason trials were a little nerve-racking but like anything an experience that will benefit me in the coming years" Jacob said. An impressive showing in April ensured Jacob was selected onto his first senior national team and would be competing in his first international competition.

Jacob says it felt incredible to be selected. "Sometimes I have to pinch myself when I think about it. To be selected onto any Australian team, let alone the national swim team which is one of Australia's most historically successful sports, is such an honour."

Jacob will be flying out with the Australian team to California on Friday 1 August from Brisbane at 10.30am. If you would like to arrange an interview with Jacob over the phone prior to his departure please contact Tim Bingham at Swimming Tasmania on 6222 6560 or 0438 985 345.

Jacob was born with Retinitis Pigmentosa which is a degenerative eye disease but was determined to pursue the sport and strive to be the best he could be. Early in 2013 Jacob was nationally and internationally classified as a legally blind, visually impaired athlete.

Jacob got the attention of Australian selectors at the 2013 Australian Short Course Championships in Sydney in August last year. He won gold in the 50m and 100m multi-class freestyle, narrowly missing both S13 world records. He backed up with silver in the 100m butterfly and a bronze medal in the 50m butterfly.

As a result of these outstanding performances, Jacob made the Australian Bronze Squad and the Road to Rio Paralympic Development Squad for the 2016 Paralympic Games. It also saw him join the high performance para program at the University of the Sunshine Coast under past Australian athlete, Olympic medallist and Olympic Head Coach Jan Cameron.

Jacob had spent the last few years regularly training with Jan at USC and made the decision to relocate permanently following this success. There is greater access to facilities and support that were not available to Jacob before. "In Devonport I was having to travel to Burnie, Deloraine and Launceston to train for quite some time and did the majority of this alone and without a coach on deck. Now I live nearby the pool and have an amazing coach and team to train with. Our gym is at the pool complex and we have regular access to technical filming, massage, recovery equipment and much more."

Under Jan, Jacob's preparations are going well. "I've made gains both in and out of the pool in terms of technique, strength and conditioning thanks to Jan and the support staff here" he said.

Furthermore, Jacob is close with other members of team which has helped settle him in to the rigours of a high performance program. "I have been extremely fortunate as I live with two dual

Paralympians and train amongst an extremely talented squad. As a result I have had the opportunity to get to know the majority of the team and this will benefit me overseas.”

With the Para Pan Pacific Championships competition set to get underway next Wednesday Jacob is in the final stages of his preparations. Jacob has his own personal goals to perform better than he ever has before – it’s his usual approach to championship swimming. “With this goal comes both swimming faster than I ever have as well as gaining experience on the international stage” Jacob said.

Jacob will compete in the 50m and 100m freestyle, the 100m butterfly, and the 200m individual medley. Jacob flies to California with the team on Friday 1 August and the Championships run from Wednesday 6 to Sunday 10 August 2014.

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