

Amy Smith

GB Olympic Swimmer

 @SwimAmySmith



Amy Smith

Amy was scared of the water until taught how to swim at age 7. 11 years later, Amy qualified for her first international meet at the age of 18, the 2006 Melbourne Commonwealth Games. One of her proudest moments was swimming in front of a home crowd at London 2012. She has recently launched a new coaching and training venture, Swim Swift Elite.

Some of Amy's achievements:

- ★ 2014 Commonwealth Games: Women's 4 x 100m Freestyle relay SILVER medal.
- ★ 2012 Olympic Games: Women's 4 x 100m Freestyle relay.
- ★ 2010 Commonwealth Games: Women's 4 x 100m Freestyle relay SILVER medal.
- ★ 2010 European Championships: Women's 4 x 100m Freestyle relay – SILVER medal; women's 4 x 100m medley relay – GOLD medal.
- ★ 2009 World Championships: Women's 4 x 100m Freestyle relay.
- ★ 2006 Commonwealth Games: Women's 4 x 100m Freestyle relay SILVER medal.

What's your Motto?

The more effort you put into something, the more you will get out of it.

Top tip for life?

Enjoy what you do.

Greatest high?

Walking out into the Olympic pool before my 50m Freestyle swim-off at the London 2012 Olympics. The crowd were fantastic, and I had a great race.

What are you most grateful for?

My supportive parents, family & friends who have helped me to reach my goals.

Favourite book?

Gold – Chris Cleave.

Favourite school subject?

PE.

Most important subject at school?

All of them!



What's next for Amy?

Pass knowledge and experience on to inspire the next generation.