



Name:

Katie Cotter

How and when did you get involved in the sport?

I started lifesaving when I was 7, 10 years ago now. My siblings and I started after seeing a group of lifers training on the beach.

What is your favorite event?

Ski and tube rescue.

Why do you love the sport?

I've met some of my closest friends, it challenges me on every level, It has given me amazing opportunities to travel and most importantly it's fun!

What are you most excited for in Australia?

To compete with the best lifers in the world, to meet new people from different countries, hopefully some waves and possibly to pick up a medal.

What's your favourite training food?

Protein balls.

What's your favourite and least favorite part of training?

Favorite - fin swimming and ski starts. Least favorite - hill sprints.

What's your favourite beach in Ireland? Rossnowlagh