



Name:

Oisín O'Grady

How and when did you get involved in the sport?

I started at under 8s as my father was already involved as a coach.

What is your favorite event?

Very hard to choose, in the pool it would be the 100 carry and the Super Lifesaver and in the sea, the Board Race and the Oceanman.

Why do you love the sport?

I love this sport as it teaches you life skills particularly around lifesaving. It also teaches you to have a strong work ethic, goal setting and team work.

What are you most excited for in Australia?

I am really excited to represent my country for the fourth time and compete against the best in the world with my teammates and meet people from different countries.

What's your favourite training food?

My favourite training food would have to be pasta and chicken.

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

My favourite part of training is pushing myself past where I thought I could go and learning new techniques. My least favourite part of training is having an off session and not hitting the goals that were set out for the session.

What's your favourite beach in Ireland?

Lahinch Beach, Co Clare and Rosstown, Co Donegal