**November 2024**

**Aiden Knevett**

1. How old are you and what school do you go to?
I am 12 years old and I go to St Edward’s College on the Central Coast.

2. What sports do you participate in and with which clubs?
I participate in Athletics at Mingara Regional Athletics Centre, and Karate at Black Belt Martial Arts Gosford. This year I also started shooting at Central Coast Smallbore and Air Rifle Club and Table Tennis at Central Coast Table Tennis Association.

3. What is your sporting goal?
I’d love to go to the Paralympics one day for Shot Put, it’s my favourite event in athletics but I’m really enjoying Shooting and Table Tennis at the moment as well so I’ll just keep training and competing and see what happens.

4. What is your proudest sporting moment/achievement?
My proudest moment was becoming AWD Junior National Champion at the Australian Karate Federation National Championships in August this year. I was nervous and the officials made some changes just as my event was about to start but I listened to my coach, focused and managed do my best kata this year.

5. What is your favourite thing about sport?
I enjoy competing, I like the environment at events because everyone in para sport is supportive and helpful and I throw better when I compete.

6. Do you have any hobbies outside of sport?
I love to read especially the Percy Jackson books by Rick Riordan and his other series, I have reread them a few times.