

*Niko Fotopoulos:*

# 4 medals in 4 races at the SAE Oceania Panhellenic Games

*Niko Fotopoulos is a young teenage boy of 13 years of age. He enjoys his sport and is very dedicated to it by spending a lot of time training and competing. We acknowledge his dedication, his achievements and his Greek background. He recently competed in the SAE Oceania Panhellenic Games so "O Kosmos" found the opportunity to ask Niko what he has to offer.*

*Niko, how old are you?*

At this present time, I am 13 years of age. And in April next year I will be turning 14.

*What sports do you compete in?*

I play many sports. Some recreational and some competitive such as swimming, soccer, athletics and tennis.

*Is sport something you have always enjoyed?*

Yes. I have been playing from the age of 5. It gets me out of the house and keeps me active. Also to meet new people and socialise.

*Do you feel you need to work hard to do what you do?*

Yes, because I have to devote a lot of hours to my training.

*How did it come about that you have participated in the SAE Oceania Panhellenic Games?*

I was very successful in swimming and I would've liked to participate in the SAE Oceania Panhellenic Games as it is a good experience going to Melbourne from Sydney and to participate in games where there is a lot of competition.

*Did you do well in those games?*

Yes, as I won four medals in four races. These races were the 100m breast stroke where I won a gold medal, the 50m back stroke where I won a bronze medal, the 50m butterfly where I won another gold medal and the 50m freestyle where I won a silver medal.



Niko with his Godparents Maria and Lucky at the Panhellenic Games 2009

*Are you happy with that?*

Yes.

*Do you have any competitions that are coming up?*

I am not competing in any competitions at the moment as I have in the past because I am focused in playing rep soccer which I really enjoy.

*Do you hope to succeed in International Swimming?*

Yes I do, but at the moment I am focused in my soccer. I play for

APIA Leichhardt Tigers and train 2-3 days a week.

*APIA is a well-known soccer club. How did you manage to play for them?*

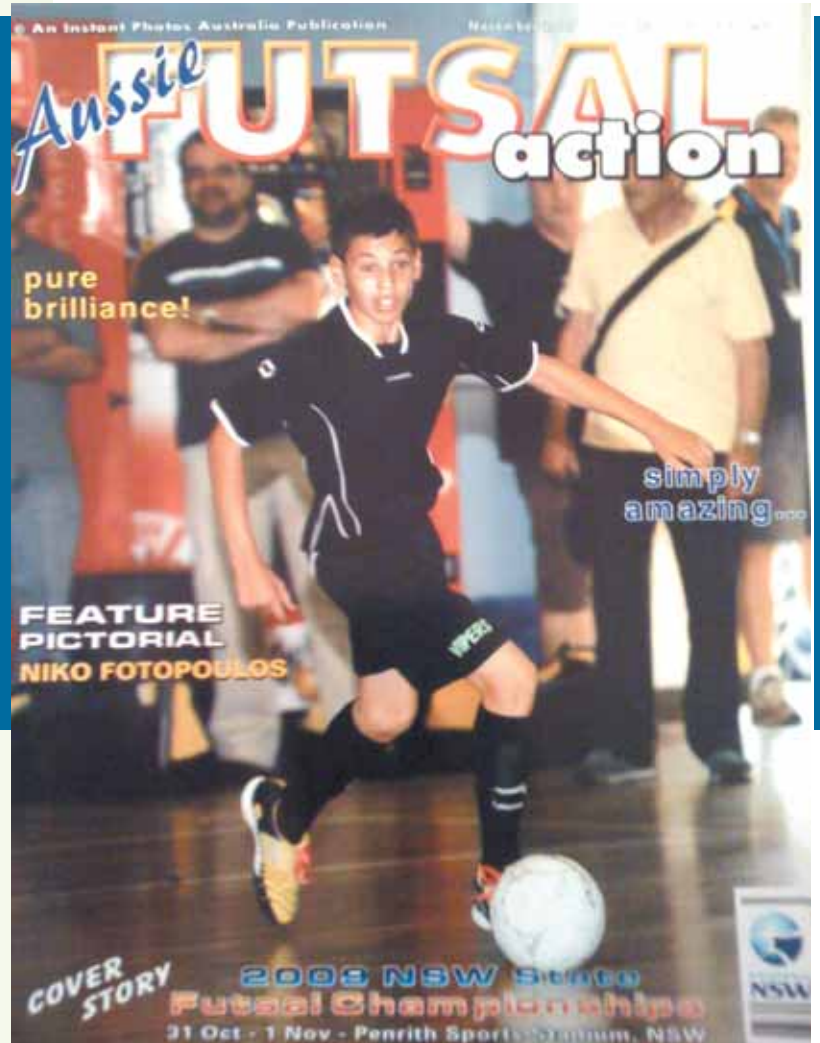
Well, at the age of 12 I was selected to play for the Under 13's West Sydney Berries Premier League Team. During that time, I was also competing in the swimming for St Spyridon College and from there I made it into the NSW All Schools Swimming Competition. Even though the swimming took most of my time my goal was to play for APIA Leichhardt Tigers where I am selected to play for them in the Under 14's for 2010. And it is something I really enjoy.

*As a young boy of Greek heritage, is representing Greece something that you have thought about?*

Yes, as being Greek is something that I am proud of. I would like to have the opportunity to represent Greece in any games, that is why I put my name down to com-



Niko playing for Bill Turner Cup SSC 2009



pete in the SAE Oceania Panhellenic Games which represents my Greek heritage, where my background is from. This makes me a proud Australian-Greek.

*How do you handle a loss? Does it disappoint you?*

It does disappoint me but some things you just have to get over and try harder next time.

It doesn't bother me because I enjoy what I do and I meet up with mates other hours socially anyway.

*What advice would you give a young boy wanting to become a professional sportsperson. What should they strive for?*

I advise them to work hard, do a lot of training and to focus on what they want to achieve. Good motivation is the key to striving to your goal and accomplishing it.

"O Kosmos" wishes Niko Fotopoulos all the best to achieve his goals and wants to thank him for his time and we will be keeping a close eye on Niko and his future career in sport.

**Interview by  
Matina Boutsikakis**



Niko at Panhellenic Games 2009

*Obviously you dedicate a lot of time towards swimming/soccer. What does your training schedule involve?*

I dedicate a lot of my time to sport. This includes 3-4 times a week of training for swimming. I also train another three sessions per week for soccer.

*How do you feel when other young boys your age spend their time hanging out and doing social activities?*



Niko HICES Swimming Carnival 2007