



press clip

NORWOOD

## Young gun's secret weapon for debut

Daniela Abbracciavento



WHEN swimmer Abby Duncan left for Fiji on her first Australian team, she took along an important piece of home – her coach.

Abby, 18, a Norwood Swimming Club member, is part of the Australian team this week competing in the Oceania Swimming Championships in Suva.

Norwood's head coach Shaun Curtis also made the team and is the only South Australian on the three-person coaching panel.

Abby, a St Ignatius College Year 12 student, says having Curtis in Fiji will help her keep calm and focus on her swims.

"It's extra special that my coach is going and it will really reduce the nerves for me," Abby, of Toorak Gardens, says.

"It will be nice to know there is someone there who knows me really well. Shaun has always been so supportive and he always looks out for you and focuses on you and how you want to race."

Abby was selected to represent Australia after claiming silver medals in the 100m freestyle and 200m individual medley at the Australian Age Championships in April.

"The more experience I get, the better for me," she

says. "I'm aiming for the 2020 Olympics, but it's a long way away, so I'm just trying to do the little things in between and continue improving."

Curtis was looking forward to working with the Australian team, but was modest about his own achievements, and praised Abby's hard work.

"I was really proud of what we have been able to achieve with Abby and it was her result which allowed me to go on the team," Curtis says.

"I have coached Abby since she was 12, so it has been great to see the progression of such a good, young athlete.

"This team is still young and they will be nervous.

"The important thing will be keeping it simple, helping them stick to their strengths and keep calm.

"All these swimmers have shown some really strong results over the past few years and will be looked at for the 2020 Australian

Olympic team if they keep swimming strong."

The Oceania Swimming Championships continue until Sunday.

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**Norwood Swimming Club member Abby Duncan, 18, and head coach Shaun Curtis are in Fiji with the Australian team for the Oceania Swimming Championships.**

Picture: DEAN MARTIN