

# Naomi Young

## Synchronized swimming champion and Olympian

*What I like about synchronized swimming is the combination of dancing and swimming, and that it's creative. From the age of 12, I had a lot more control over my routines, and I found choreography enormously fun and rewarding.*

Naomi Young (born 1976) grew up in Guildford, and began swimming at Granville pool as a therapeutic measure to ease leg and foot problems. At nine Naomi began synchronized swimming, and three weeks later competed in the 1985 NSW championships, coming third in the solo (12 years and under). In 1987 Naomi came first at the State championships, and second at the Australian championships, both in solo. Naomi became Australian champion in her age group the following year, and joined the national team in 1990.

At the 1993 Junior World championships Naomi came first in figures. From 1993 to 2002, Naomi was the Australian champion in the Open solo. Naomi's proudest moment was at the 1998 Kuala Lumpur Commonwealth Games, when she won two silver medals for her duet and solo routines. Naomi also competed at the 2000 Sydney Olympic Games. At the 2002 Manchester Commonwealth Games Naomi was awarded a bronze in the solo, and a bronze for her duet with fellow Granville swimmer, Ashleigh Rudder.

In 1993 Naomi and her parents Brian and Helen Young began the Ariel synchronized swimming club. The following year Ariel swimmers won the national championships in the duet (12 years and under), and Ariel became the biggest synchro club in Australia.



Above: Naomi Young at Granville pool, aged 14, 1991

Below: Naomi at Granville pool, 1999

Below right: Naomi and other Ariel synchro club swimmers Lisa Tulic, Belinda Rudder, Jeanette Ellis and Ashleigh Rudder, training at Granville, 1996  
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