



# Jessica gallagher

***"Be dedicated and committed and train no matter what the conditions. Just make sure you have fun while you are doing it!"***

**Date of Birth:** 14 March 1986 (age - 22)

**Athletics Club:** Glenhuntly

**Coach/es:** Mike Edwards (Discus & Shot Put), John Boas (Long Jump), Steve Gaffney (Sprints)

**Event/s:** 100m, Long Jump, Shot Put, Discus (F/T 13)

**Personal Best:** 13.75 (100m), 5.24m (Long Jump), 10.97m (Shot Put), 38.85m (Discus)

Jessica's hopes and aspirations for her debut as a paralympian in Beijing are quite straight forward - to win gold and produce personal bests in all her events. Being the current Oceania record holder in the F13 AWD category Long Jump and Shot Put and holding the Australian Record in the F13 Long Jump, Shot Put and Discus, means that attaining her ambitions are a distinct possibility.

Amazingly, Jessica only started in athletics one year ago and she credits her three coaches with having taught her everything she knows about her events. Jessica's mum - the current World Record holder and World Champion for her age in ergonomic rowing - is her inspiration and has been a great example of what hard work can achieve. According to Jessica, her support networks based at her club, Glenhuntly, have been outstanding in teaching her about athletics and supporting her at competitions. "They are always happy to lend a hand if needed", said Jessica. Local club competition has been vital for her international preparations.

When asked what advice Jessica would like to pass on to young athletes starting their careers, she said, "Work hard and you can achieve anything you put your mind to, regardless of what others might say. Listen to your coaches, be dedicated and committed and train no matter what the conditions. Just make sure you have fun while you are doing it!"

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