

FREE

FOR FAMILIES ON THE GO

Get Ahead

Riids

Vol. 1 • No. 3 • May/June 09

Justin
Norris
Interview



Technology Special

- 3 - 6 Year Olds & Computers
- Decoding Teen Technology
- Digital Pen Gives the Edge to University Students
- The RoboCup Challenge

An Interview with *Justin Morris*



How do you contribute to the education of kids?

In general terms we do this by teaching kids to swim, so it is more a physical education of children and obviously something I'm very passionate about having made my career through this sport.

Where did you go to school?

St. Peter's Primary at Stockton from K-6. Merewether High School from 7-12.

Please tell us about your family.

My wife Brooke and I have been married for 6 years this year. We have 3 children, 2 daughters and a son.

What are your hobbies?

My interests these days are surfing and taking the kids to the beach. I used to be in a band so I still muck around a bit on the guitar. Now it's mainly The Wiggles music I play to the kids. I won't put any money in those rides at shopping centres, but I'll buy the kids anything to do with surfing or music.

What was your first job?

Teaching swimming and doing odd jobs like gardening while I was still swimming at Arnold's at The

Junction. I think I was about 16 or so and it was only for an hour or two at a time. So it was easy with school and training.

What are your career/sporting highlights?

Well definitely for me it would be making the Olympic team in 2000 and then swimming at the Sydney Olympics and winning a medal. It was all totally unexpected and just felt magic - like a dream.

What do you value most in life?

I guess these days it's really just the health of my kids. We just want them to be happy and healthy. I also value listening to the people I respect and look up to whether it's in family, business or sport. They say it's better to learn from other people's mistakes than from your own.

What is your most unforgettable personal experience?

Something I can clearly remember is being so excited when I won my medal at the Olympics, that night I couldn't sleep at all and I just stayed up watching TV and lying in bed with my medal around my neck. To best describe the feeling would be like when you are young and you

really want something particular for Christmas but you think you won't get it and you open your present and it is unexpectedly there. It was the best feeling, just really pure. And of course I have many great memories with my family and kids.

What is your favourite Australian destination and why?

I've travelled around enough to know that I just like spending time at home. I think Newcastle is a great place - the best. If we have spare time we might drive somewhere for a surf or go out to one of our favourite restaurants, like Restaurant II.

What is your best overseas experience?

The Manchester (UK) Commonwealth Games in 2002. It was magic moments for me where I won 3 individual Gold medals. I've been to some different places with swimming, but I'm not usually one for sights. I would really love to go to Bali or the Mentawais (Indonesia) for surfing one day.



Please describe your swimming academy and what it offers kids.

We are a specialised swim school focusing on learning to swim and stroke development. Our baby and toddler program is very strong and we have many kids in our program that would be the top few for their age in Australia. We teach without floatation aids to ensure children have a better understanding of their limits and achieve correct positioning. We believe in low student to teacher ratios at appropriate levels so your child gets the attention they need.

Our pools have been designed to ensure maximum progression for your child. A high performance UV treatment plant provides safe, clean water and special teaching ledges, ideal learning depths and ideal water temperature of 32 degrees all combine for the best possible aquatic learning environment. We welcome all ages and are open all year round.

About Justin

When he was swimming at the highest level, Justin Norris was known as the 'rock star' of the Australian swim team. Known for his likeable personality and 'never say die' attitude, Justin was a popular member of the 2000 and 2004 Olympic Teams.

Nowadays Justin is the Director of the successful Justin Norris Swim Academy, which specializes in Infant Aquatics and Stroke Development.

Justin and his wife, Brooke, had their first child early in 2005, a girl. In late 2005, Justin and Brooke opened the Justin Norris Swim Academy in Thornton, specialising in Learn-to-Swim. The Academy won the Hunter Region BEC Business of the Year Overall Award in 2008 and has been a finalist in the Austswim Swim School of the Year awards and the Hunter Business Awards.

Between 2007 and early 2009, Justin and Brooke welcomed 2 more children.

They are very passionate about infant aquatics and the 'Justin Norris Swim Academy' is regarded as a leading light in the new generation of swim schools.

Justin Norris Swim Academy

A: 6 Sandringham Ave

Thornton 2322

P: Po Box 327

Thornton NSW 2322

Ph: 02 4966 1411

F: 02 4966 1458

www.justinnorisswimacademy.com

Career Highlights

- Bronze Medalist Sydney 2000 Olympics, 200Fly
- Triple Commonwealth Games Gold Medalist, Manchester 2002, 200Fly, 200IM, 400IM
- World Championship Bronze Medalist, Fukuoka 2001, 200IM
- World Short Course Silver Medalist, Moscow 2002, 200Fly
- Australian Swim Team Member 1999 - 2005
- Held Commonwealth Record 200Fly Long Course, 400IM Long Course & Australian 200Fly Short Course
- 10 Individual Long Course Australian Titles
- Dual Olympian Sydney 2000, Athens 2004

Other Interesting Facts

- Married to Brooke - They have two daughters & a son
- Played lead guitar & performed in rock band 'Slingshot'
- Ran a marathon in 2003
- Newcastle Young Citizen of the Year 2001 & Australia Day Ambassador 2003
- Involved in soccer, surfing, surf lifesaving, & cricket as a child before focusing on swimming
- He enjoys surfing, bodysurfing, computers, music & guitar playing
- Has featured in a surfing video
- Loves junk food - slurpees, thickshakes & frosty fruits
- Has a huge appetite - food records (each in single sitting) 10 Big Macs, 40 Weet Bix & 100 Chicken Nuggets
- Director of the Justin Norris Swim Academy, Thornton NSW
- Ambassador for Swim Australia, RIDBC & Kidsafe