



## **Adam Whitehead**

### **Swimmer**

I recently retired from professional swimming. I competed at the Olympics, World Championships, European and the Commonwealth Games and achieved both a Commonwealth and European gold's. Since retiring I have been working in lots of different areas promoting sport. I coach at a local club, am a Sporting Champion, and an Athlete Mentor for changingLIVES. My passion is young people and helping them in what ever way I can.

#### **What is your favourite/most important piece of kit?**

My trunks!

#### **Best piece of advice that you have ever been given:**

Winning isn't the most important thing...but wanting to win is.

#### **What advice would you offer for any one looking to try something new or to better themselves?**

Never be scared of taking an opportunity. There is nothing worse than looking back with regret.

#### **What is the most challenging situation that you have been in and what was the outcome?**

At school I fell in with a bad crowd and it was extremely difficult to get out of that situation. With other peoples help and support I managed to turn this around in time to get some GCSE's.

#### **Why have you decided to become an Athlete Mentor?**

I can say personally that sport changed my whole life. It made me the person I am. If I can pass this on to other young people, I hope they can make some positive choices for their own lives.

I feel that the experiences from my life can really benefit others. I am always very open and honest and I have a massive belief in the young people. I hope that I can help them find the answers for their own futures.