

DANIEL HOLT

Sport:	Swimming
DOB:	16/08/1992
Coach:	Gary Francis
Resides:	Auckland (North Shore)
Hometown:	Auckland
Occupation:	University Student
Classification:	S13
Disability:	Photophobia and Nystagmus



Photo: Zimibo

International achievements

2012	London 2012 Paralympic Games	4 th Men's 400m Freestyle
2011	Pan Pacific Swimming Championships	Gold - Men's 200m Medley Silver - Men's 400m Freestyle
2009	IPC Swimming World Championships	Bronze - Men's 400m Freestyle

Daniel says swimming will always be his main sport but he would like to try triathlon in the future. 2009 saw Daniel tackling the Auckland Harbour Crossing swim where he placed in the top 20 against thousands and was the only disabled swimmer. He is currently studying towards a Bachelor of Business part time at Massey University.

Daniel became involved in sport at an early age. He did gymnastics as a child, went onto soccer from 5-11/12 yrs old, water-polo at Intermediate, and in late 2006 attended a Blind Sport camp and was identified there as an athlete with potential. He went with Blind Sport to the USA for Blinds Sport Youth World Champs and came back with four gold medals.

Leadership a big part of Daniel's life - he likes to step up and help others. Daniel volunteered at a camp for blind children run by Foundation of the Blind. It was aimed at blind and visually impaired kids to show they can do what they believe in. Daniel has a passion for positively influencing others and gets frustrated when parents don't challenge boundaries.

Daniel is an amazing Ambassador for his sport of swimming, and Paralympic Sport. He is an inspirational role model for all young swimmers, especially those with a disability, and always makes time to talk to young athletes.

Daniel was part of the recently highly successful New Zealand team and competed at the London 2012 Paralympic Games. At his first ever Paralympic Games he finished strongly with a fourth placing in the Men's 400m Freestyle.