

## **MATILDA FRY IS GOOD SHEPHERD'S OWN SHINING STAR**

*Written by Jemma Cawood – Year 6, Good Shepherd Lutheran College*

Young water-polo player Matilda Fry is a normal 16 year old girl but with extraordinary talent - having made the Queensland water-polo team.

A Year 11 student at Good Shepherd Lutheran College, Matilda is living her dream . . . but she still has to go to school every day . . . which includes, handing in all her assignments on time and sitting exams.

Then after school, Matilda travels two hours to Brisbane where she completes six hours of training each week.



Pictured: Matilda and her mother with all her trophies and medals

Matilda found out about water-polo through her school Good Shepherd, and the sports program SCISSA (Sunshine Coast Independent Schools Sports Association).

After trying water polo Matilda took a liking to it quickly, and was very good at it as she was also a good swimmer.

The preparation for Matilda's rigorous training program is very important and before every training session Matilda must have carbohydrate and protein.

"I mainly prepare pasta for dinner which Matilda can eat in the car on the way to Brisbane," says Matilda's mum Cassie Fry.

"We have a four am start on Saturday morning so the bags and things need to be packed and ready the night before."

As well as the Queensland team, Matilda also plays for her school water-polo team and the Sunshine Coast team.

"My shoulders often hurt after I have finished a game and I get lots of scratches." Matilda admits, saying that water-polo is a very rough game, especially in the more advanced teams.

In the June holidays Matilda is flying to New Zealand to attend the Pan Pacific Games with the Queensland team.



The Queensland team will verse Singapore, Hong Kong, New Zealand as well as all the other Australian state teams.

“I am a little nervous to verse New Zealand because they are really big girls,” admits Matilda.

Matilda has also received a nomination for the Pierre de Coubertin award which was won by one of Good Shepherd’s former student’s, Brittany Elmesly- who is now heading to London for the Olympic Games.

Matilda is an exceptional water-polo player having won two trophies and 10 medals.

She is truly talented and has accomplished so much in such a short time, and no doubt will go on to accomplish even more!

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