



CONNOR XU – KEY INFORMATION

NCAA Eligibility ID Number 1712980592

Personal

Connor Xu
C/o AAS Suite 1/579
Sydney Road Seaforth,
NSW 2092.
DOB: 14th June 2000
Height: 5' 8"
Weight: 149.9 Pounds

Academic

High School: Camberwell
Grammar School Victoria 2015-18
Awarded Certificate of Academic
Excellence 2015-17
Year of Graduation: Dec 2018
SAT: 1510 (99 Percentile)

Sporting

Club: Surrey Park
Coach: Ian Pope
Highlights: Multiple Nat. Finalist
2013-18; Multiple State Age
Medalist 2012-16
5km O/W Bronze 2016

SAT Test Score 1510 - May 2018

	Reading & Writing	Maths	Total
Section Scores	730	780	1510

Cross Test Scores

Reading	Writing & Language	Maths
38 10-40	38 10-40	37.5 10-40

Lifetime Best Times

Event	Meet	50m Time	25yd Converted	Event	Meet	50m Time	25yd Converted
200m Free	2017 Victorian Age S/C Champs	1.55.94	1.44.63	100m Breast	2018 Aust. Nat. Age Champs	1.07.34	58.31
400m/500 Free	2017 Victorian Age S/C Champs	4.05.54	4.39.67	200m Breast	2017 Victorian Age S/C Champs	2.27.92	2.08.39
1500m/1650 Free	2017 Victorian Age S/C Champs	15.52.34	16.04.72	200m I/Medley	2017 Victorian Age S/C Champs	2.09.36	1.56.43
				400m I/Medley	2018 Aust. Nat. Age Champs	4.40.92	4.02.99

*Swimming World Conversion Utility Tool used for above conversions

CONNOR XU - DETAILED PROFILE

NCAA Eligibility ID Number 1712980592



DOB: 14th JUNE 2000

Personal Statement

I have always pushed myself to do the best I can in every aspect of life and the only way to do this is to step out of my comfort zone. At school, both in and out of the classroom, I have taken advantage of opportunities to extend myself, whether it be house drama, music or sport. Through school, I was introduced to volunteering where I was lucky enough to work with people from many different backgrounds. My experiences with a rich variety of people opened my eyes to how fortunate I am and encouraged me to make the most of everything.

Attending college in the United States is one of these opportunities that I am fortunate enough to be able to pursue. I wish to study in the US as I believe that it will be a challenging adventure that will provide me with unparalleled benefits. I realise that it is a major decision to move abroad to study, but I believe that it will enrich me culturally and academically. The NCAA system is appealing as it encourages both sporting and academic excellence. I am drawn to the prospect of being part of a strong team environment that fosters both success and enjoyment.

The experiences I have had in my life have set me up to take on the major change of studying overseas. Although I am undecided about my career path, I enjoy learning about a broad range of subjects and I look forward to furthering my education. My goal in swimming is to represent Australia at an international competition. I have developed skills that have prepared me for this leap such as leadership, a strong work ethic and time-management through sport and academic commitments. I also possess intrinsic traits such as dedication, passion and being goal-driven that will help me embrace this new and exciting challenge.

Specific Swimming Achievements – Life Time Best Times

Event	Meet	50m Time	25yd Converted	Event	Meet	50m Time	25yd Converted
200m Free	2017 Victorian Age S/C Champs	1.55.94	1.44.63	100m Breast	2018 Aust. Nat. Age Champs	1.07.34	58.31
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				400m I/Medley	2018 Aust. Nat. Age Champs	4.40.92	4.02.99

*Swimming World Conversion Utility Tool used for above conversion

Key Swimming Achievements

- ✚ **2018:** Awarded Full Colours for Swimming for the 2018 season.
- ✚ **2018:** Age Group Swimming Champion and awarded a Long-Service Award.
- ✚ **2018:** Selected for the AGSV representative for the Victorian Schools Association Competition
- ✚ **2013-2018:** Qualified for Australian National Age Long Course Championships
- ✚ **2012-2018:** Victorian State Age LC Finalist
Victorian State Age SC Finalist
- ✚ **2013-2017:** Camberwell Grammar School Age Swimming Champion
Camberwell Grammar School awarded Full Colours
- ✚ **2016:** Victorian State Open SC. 1 Gold. 800m Freestyle
Victorian State Age SC. 1 Silver. 1500m Freestyle
- ✚ **2016:** Australian National Open Water Champs Bronze Medal. 5Km
- ✚ **2014-2016:** Australian National Age LC Finalist
- ✚ **2015:** Victorian State Age LC. 1 Bronze. 200m Breaststroke.
Victorian State Open SC. 1 Gold. 1500m Freestyle.
- ✚ **2012:** Vic. State Age LC. 2 Gold, 200 IM & 100 Butterfly. 1 Silver, 200 Butterfly.
Victorian State Age SC. 1 Gold, 100 Butterfly, 1 Bronze & 200 Butterfly.



National/State Team Selections

- ✚ **2014-17:** Swimming Victoria Distance Squad
- ✚ **2014-16:** Swimming Victoria Performance Squad
- ✚ **2014-15:** Swimming Victoria Silver Talent Squad
- ✚ **2013:** Swimming Victoria Youth Development Squad
- ✚ **2012-13:** Swimming Victoria Junior Talent Squad
- ✚ **2011:** Victorian School State Team

Additional Sporting Participation/Achievements

- ✚ **2010-17:** AFL- Surrey Park Panthers Football Club and Camberwell Grammar School
- ✚ **2014-15:** Water Polo - Camberwell Grammar School

Positions of Responsibility

- ✚ **2018:** School Swimming Captain- Camberwell Grammar School
- ✚ **2017:** House Drama Technical Crew Member- Camberwell Grammar School
- ✚ **2013-14:** Year 7/8 AFL Team Captain- Camberwell Grammar School



Professional Qualifications

- ✚ **2017:** Current CPR Certificate
 - Provide Cardiopulmonary and Resuscitation
 - Provide basic emergency life support

Community Service

- ✚ **2017:** Billabong Reserve Restoration Project
 - Community gardening and land care volunteering

- ✚ **2015-16:** Brotherhood of St Laurence
 - Urban Camp- Inner-city school program
 - Led school group and helped run activities
 - Brotherhood Books - Online book store
 - Sorted book donations
 - Picked and packed orders for dispatch
 - Uploaded books onto website database
 - Given the Chance - Department assisting marginalised job seekers into employment
 - Performed administrative tasks
 - Sambell Lodge - Aged-care facility
 - Interacted with residents from a variety of backgrounds
 - Prepared food for residents

Background Information on Connor's Swimming Club

Surrey Park Swimming Club was established in 1904 and is one of the oldest and still active swimming clubs in Victoria. The Club has been part of the sporting life of the local Box Hill area since that time. Director of Coaching, Ian Pope is a very experienced and highly regarded Platinum level coach. Prior to starting in this role at Surrey Park, Ian was Head Coach of Melbourne Vicentre for 16 years. Over this time he developed Vicentre to be the best placed Club at the Australian Age and Open Championships. Ian has been selected as Victorian Coach of the Year thirteen times. He has coached over fifty Olympic and World Championships team members including Matt Welsh, Giaan Rooney, Michael Klim, Grant Hackett, Marieke Guehrer, Kotuki Ngawati and Daniel Cave. He has also been selected as an Australian Team Coach for two Olympics and six World Championships.

Typical Weekly Training Schedule
45-50 km average per week

Day	AM	PM
Monday	Swim 5:30 – 7:30	Swim 4:15 – 6:30
Tuesday	Gym 5:00 – 6:30 Swim 6.30 – 7.45	Swim 4:15 – 6:30
Wednesday	Off	Swim 4:15 – 6:30
Thursday	Gym 5:00 – 6:30 Swim 6:30 – 7:45	Swim 4:15 – 6:30
Friday	Gym 5:00 – 6:30 Swim 6:30 – 7:45	Off
Saturday	Swim 7.30 – 9.30 Gym 9:45 – 11:00	Off





**Reference from Matthew Brown
Former Director of Coaching – Surrey Park Swimming Club**

Mr. Matthew Brown
37 Oates Street,
Kedron, QLD 4031
Mobile: 0416 294 608
Email: mbr26362@gmail.com

18th February 2018

To whom it may concern.

Connor Xu has been a swimmer and committed member of the Surrey Park swimming Club over the past 8 years.

I was involved with Connor during my tenure as “Director of Coaching” at Surrey Park from 20015 thru until May 2017. His dedication and personality has brought a positively charged ingredient into one of the best high performance training groups in the Victoria. [Surrey Park were ranked # 4 club in Victoria in 2016/17 season]

His involvement in swimming does not stop as a club competitor. He has also been a valued leader at his school, Camberwell Grammar, for the past 6 years, where he helps by sharing his experience and knowledge, with the junior school swimmers.

He is an accomplished State and National level swimmer, winning medals at both levels during the competitive season of 2016-17.

Connor would be a great addition to any team with his versatility being his biggest asset. As a 16 year old, he swam the following times at the Victorian Short course championships:

200 F/S	1.57.00	200 IM	2.09.50
400 F/S	4.05.00	400 IM	4.33.75
1500 F/S	15.51.00	200 BR	2.24.50

Connor is a motivated young man and I would not hesitate in recommending him to any task or assignment he puts his mind and efforts to. For further information regarding Connor’s character, don’t hesitate in contacting me.

Yours in swimming

Matthew Brown

Australian Olympic Games Coach	2008-2012
Australian Commonwealth Games Coach	2010-2014
Australian World Champs Coach	2007-2009-2011-2013-2015
Chinese Olympic Games Coach	2016
Head Coach – Parkinson Rackley QLD	2017-2018



**Reference from Ian Pope, Director of Coaching
Surrey Park Swimming Club**

To whom it may concern:

Reference for Connor Xu:

I have got to know Connor as his swimming coach over the last year and I would have to say he is one of the most delightful young gentlemen I have coached for some time. He is one of those swimmers that a coach would want in any team due to his dedication, and drive to challenge himself every day, his politeness, and the list could go on of all the attributes one would want in a swimmer.

His rapport with the other swimmers is one of great admiration for his great work ethic, never ever not giving his absolute best, and his total respect for all his team members that he displays unconditionally.

He would be the first swimmer I would select on any team with all his attributes that he brings to a team.

I believe Connor would succeed in any area he undertakes as he has an uncompromising drive from within, a characteristic not often seen in young people to the degree that he applies.

Should you require any further information with regard to Connor Xu, please do not hesitate to contact me on +61412 005743

Ian Pope
Director of Coaching



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CONNOR XU – ACADEMIC INFORMATION



High School Education



Secondary
 2015 - 2018

Camberwell Grammar School
 Camberwell, Victoria




High School Academic Grades

Subject	2015 Year 9		2016 Year 10		2017 Year 11 Junior		YR 2018 Year 12 Senior
English	A+	A	A+		A		TBA
Mathematics	A+	A	A+	A	B		TBA
Biological & Chemical Science	A+		A				
Biological & Physical Science			A				
Chemistry					A	C+	TBA
Science	B+						
Geography	A+		A+		A+		TBA
History	B+		A+				
Economics					A+		
Latin	A+		A+		A		TBA
Commerce	A+		A+				
Information Tech.	B	C	B+	C+			
Physical Education	A		B+				
Accounting 3 4					A	S	

Core Course & GPA Estimate

-  21.0 Core Courses
-  3.71 GPA

Academic Achievements

-  2017 Prize for outstanding achievement in Accounting
-  2017 Prize for outstanding achievement in Geography
-  2015-17 Cert. of Academic Excellence – Camberwell Grammar School

Reference From Deputy Head of Senior School



CAMBERWELL
GRAMMAR SCHOOL

FROM THE DEPUTY HEAD

21 February 21 2018

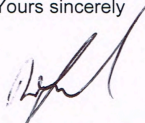
To Whom It May Concern

Connor Xu has been a student at Camberwell Grammar School since 2013, when he commenced in Year 7. Connor quickly established himself as a mature, responsible and dedicated student who has maintained excellent grades throughout his years at school. Connor is also popular with his peers and his kind, supportive nature has always been appreciated within the Camberwell Grammar community. He was a recipient of the Roystead Award, one of the School's most prestigious awards when he was in Year 8. This award recognises integrity, diligence, scholarship and community spirit and is voted on by both staff and students.

Connor has been heavily involved in the School's co-curricular program and has been an integral member of drama, chess and football teams. It is in swimming that Connor has truly excelled, and he has been among the School's strongest and most dedicated swimmers since he was in Year 7. This season he has been an outstanding captain of the squad, which contains boys from Years 7 to 12. Connor has been able to manage a grueling schedule that sees him training and competing both for Camberwell Grammar and his swimming club, including the participation at state and national championships.

Connor is keen to fulfill a long-held ambition to attend college in the United States and to swim at college level. I thoroughly recommend Connor to you and I am sure that his quiet, humble and dedicated approach will ensure that he has a successful college career.

Yours sincerely



Rob French
Deputy Head/Head of Senior School