

ALEXANDRA HO – SUMMARY PROFILE

NCAA Eligibility ID Number #



Personal

Alexandra Ho
 c/o AAS Suite 1/579
 Sydney Road Seaforth,
 NSW 2092.
 DOB: 24 April 2001
 Height: 5'8"
 Weight: 141lbs

Academic

High School: St Hilda's
Year of Graduation: Dec 2018
SAT: 1220

Sporting

Club: Perth City
Coach:
Highlights: Multiple State Medalist, Australian Age National Championships

Lifetime Best Times

Event	50m Time (LC)(SC)	25yd Converted	Event	50m Time (LC)(SC)	25yd Converted
50m Free	27.05(LC)	23.83	100m Fly	1.06.27(SC)	59.64
100m Free	57.98(SC)	52.14	200m IM	2.31.96(SC)	2.11.28
200m Free	2.09.57(LC)	1.54.53			

Extract from reference

ALEXANDRA HO - DETAILED PROFILE

NCAA Eligibility ID Number #



C/O American Athletic Scholarships Pty Ltd
Suite 1/579 Sydney Road Seaforth, NSW 2092

DOB: 24th April 2001

Personal Statement

Swimming has been part of my life since I was 7 years old and even though I have done well, I want to improve my swimming by taking it to a higher level. It is my goal and dream to combine my academic studies with my love for swimming in my college years. In college, I will have the opportunity to improve in both of these areas, and with hard work and dedication, I wish to push the boundaries of my limitations and broaden my horizons.

Specific Swimming Achievements – Life Time Best Times

Event	50m Time (LC)(SC)	25yd Converted	Event	50m Time LC	25yd Converted
50m Free	27.05(LC)	23.83	100m Fly	1.06.27(SC)	59.64
100m Free	57.98(SC)	52.14	200m IM	2.31.96(SC)	2.11.28
200m Free	2.09.57(LC)	1.54.53			

Key Swimming Achievements

- + Interhouse swimming champion yr9-12
- + Member of the interschool swimming team yr9-12, overall captain for final year
- + Qualified for swimming pool nationals 2015-2018
- + Qualified for open water swimming nationals 2015
- + Qualified for the WA state team 2015
- + 2017 WA states (SC)
 - o 50fr: 1st (26.8)
 - o 100fr: 3rd (58.45)
 - o 200fr: 2nd (2.08.72)
 - o 200IM: 3rd (2.25.73)
 - o 100fly: 7th (1.08.68)
- + 2017 Australian Age championships (LC)
 - o 50fr: 15th (27.42)
 - o 100fr: 18th (59.35)
 - o 200fr: 18th (2.09.57)
- + 2016 WA States (SC)
 - o 50fr: 2nd (27.08)
 - o 100fr: 2nd (58.78)
 - o 200fr: 5th (2.09.7)
 - o 200IM: 4th (2.28.9)
- + 2016 WA states (LC)
 - o 50fr: 2nd (27.05)
 - o 100fr: 5th (59.39)
 - o 200fr: 4th (2.10.4)
 - o 200IM: 4th (2.33.24)
- + 2016 Victorian age championships (LC)
 - o 50fr: 5th (27.60)
 - o 100fr: 7th (1.00.69)
 - o 200fr: 10th (2.14.93)
 - o 100IM: 2nd (1.08.24)
 - o 200IM: 10th (2.33.89)
- + 2015 Australian open water championships
 - o 5000m: 8th (1.10.51.9)
- + 2015 WA states (SC)
 - o 50fr: 2nd (27.25)
 - o 100fr: 2nd (58.39)
 - o 200fr: 5th (2.09.7)
 - o 100IM: 2nd (1.08.24)

- 200IM: 5th (2.30.43)
- 100fly: 3rd (1.06.92)
- ✚ 2015 WA short course state teams (SC)
 - 50fr: 14th (26.96)
 - 100fr: 13th (58.64)
 - 100bk: 14th (1.07.01)
 - 50fly: 17th (30.02)
 - 100fly: 18th (1.07.36)

Typical Weekly Training Schedule

Day	AM	PM
Monday		4.30pm-7pm
Tuesday	5.30am-7.30am	
Wednesday		4.30pm-7pm
Thursday	5.30pm-7.30pm	4.30pm-7pm
Friday		4.30pm-7pm
Saturday	6.30am-8.30am	

ALEXANDRA HO – ACADEMIC INFORMATION



**High School Education
Secondary: St Hilda's**

High School Academic Grades

Subject	2015 Year 9		2016 Year 10		2017 Year 11 Junior		YR 2018 Year 12 Senior
Mathematics Course 1	B	B					
Science	B	A					
Humanities	B	B	B	B			
Food & Textiles	A	A					
Photography	B	B					
Health & PE	A	B	A	A			
Literacy Support							
Religious & Philosophical Studies		B					
English	C	C	C	B	B	B	
Accounting & Finance			A	A	A	A	
Extra English							
Materials& Design Tech			A	A	B	A	
Mathematics 10A			B	A			
Science Course 1			A	B			
Careers				B			
Economics					B	B	
Human Biological Science					B	A	
Mathematics Methods					C	B	



Academic Achievements

Academic Achievement and awards:

- Achieved silver Duke of Edinburgh award

Positions of Responsibility

- ✚ 2018 overall school swimming captain
- ✚ 2017-2018 club captain