

## Sports scholarship takes Lydia upstream

17-year-old Great Lakes College student, Lydia Toms lives by the motto of "just do it!" Now, she can do exactly that.

The up and coming sports Hero Lydia was awarded the Sydney Markets Fresh for Kids Sports Scholarship for excellence in canoeing.

The annual scholarship is awarded to a boy and girl chosen from 28 different sports who are able to prove that they have the ambition and determination to continue their athletic skills. The award was presented on 17 January 2012 at the Fresh for Kids Committee meeting in Sydney.



L to R: Joe Zappia, Lydia Toms, Suma Strawberry

Photo by Louise Baker

"I would like to thank Sydney Markets for the Sports Scholarship," she said on the night. "I greatly appreciate the support to pursue my dream. Thank you again."

Lydia will receive \$1000, which goes towards their training, travel and accommodation, uniforms, sports equipment and schooling, along with \$1,500 worth of fresh fruit for their growing bodies. Lydia and her family chose their local greengrocer the Farmers Patch

in Forster to purchase their fresh fruit and vegetables from for the year.

Lydia is part of the Great Lakes Canoe Club and travels to Sydney often for training and competitions at Penrith Whitewater Stadium, the competition venue for the canoe/kyak slalom events during the Sydney 2000 Olympic Games.

Previously winning Silver and Bronze medals at the Junior Pre-World Games in America, with aspirations of one day representing Australia and competing in the Olympic Games we should be happy and lists Louise Natoli of the Australian Canoe Kayak Slalom as her hero.

Lydia Toms has aspirations to one day represent Australia and compete in the Olympics.

Lydia's achievements over the past few years include:

- 2011 Silver medal in C1 and Bronze in K1 at the Junior Pre-World Games in America
- 2010, 2011 Blues Award & Hunters Special Mention Award
- 2009, 2010, 2011 Senior Female Champion at the Combined High School Champs
- 2008, 2009, 2010, 2011 member of NSW State Slalom Team and Nation Talent Squad

"The best thing about playing sport is being able to travel to amazing places and having the opportunity to meet a variety of people," Lydia said. "I very much enjoy sports in general and the mechanics of the human body."

She's also fond of healthy eating, on winning the award, was interviewed by Sydney Markets' Suma Strawberry and Joe Zappia – Zappia Bros Pty Ltd, who asked Lydia to name her favourite fruits and vegetables.

Visit [www.freshforkids.com.au](http://www.freshforkids.com.au) and check out the Lydia Toms' live interview with F & V Gang member Suma Strawberry and Joe Zappia – Zappia Bros Pty Ltd.

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