

## Sports



# Swimming Champion: Nothing comes easy

**It takes consistency, hard work and discipline, says 13 year old Hilda**

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**H**ilda Wambui is just 13. But she already knows that it takes hard work and commitment to become anything you want to be in life.

The Aga Khan Academy, Mombasa student is multi-talented. Besides being a swimming champion, she also plays basketball and sings in her school choir.

She loves internationally celebrated award winning Kenyan-Mexican actress Lupita Nyong'o and just wants to be like her.

## Started at 2 years

Hilda trains hard every early morning, except on Sundays.

Her journey in swimming began when she was only two years old. She has since grown into winning medals locally and in South Africa.

She trains at the Tudor swimming club in Mombasa.

In 2016, Hilda took part in a swimming competition in Durban, South Africa where she bagged three medals; two bronze and one silver.



Hilda Wambui poses for a photo with a team mate after receiving medals in South Africa. PHOTO/COURTESY

In 2017, she was back to South Africa to participate in the friendly city of Port Elizabeth swimming championship and won three medals; again two bronze and one silver.

"It motivated me. I now want to go to the Olympics," she told Juniorspot.

She currently swims with Mombasa aquatics club and is in the Kenya swimming team.

But it all comes at a price. It has taken her hard work and perseverance.

"I swim early in the morning and play basketball in the evening. It is tiring but does not affect my studies as I manage my time well," Hilda said in an interview with Juniorspot.

Her family and friends also support her.

## Basketball

She has performed equally admirably in basketball.

Together with her school team, they have participated in different competitions in Nairobi and Dar es Salaam in the Under 18 championships.

Recently during the county games, the Aga Khan Academy Mombasa basketball team won all matches at the county level, she said.

She might, however, be forced to choose one of the games to focus on fully, she said.

For beginners in swimming, Hilda says consistency, hard work and discipline in training are key.

"If you miss one day in swimming it brings you down. It is tiring at first but your body will get used to it," she says.

Have fun while it, regardless of whether it is competitive or not, she adds.