

TEAM PROFILE

Stephen Thomas

VITAL STATISTICS...

Name:	Stephen Thomas
Class:	Sonar
Position:	Mainsheet
DOB:	5 January 1977
Born:	Bridgend, Wales
Currently Living:	Cardiff, Wales
Started Sailing:	Aged 26 in Newcastle with John Robertson
Duration in current class:	Since 2003
Name of Sailing Partner:	John Robertson and Hannah Stodel
Greatest Strengths in Sailing:	Physical qualities, motivational
Greatest Weakness in Sailing:	Tactical knowledge
Biggest Goal:	To medal at the 2008 Paralympic Games
Who has been the most influential person in your sailing career:	My current team mates
Other interests away from sailing:	Sledge Hockey (disabled ice hockey) cinema, socialising
Personal sponsors:	Oyster, Little Britain Challenge Cup
Sailing Career to date:	2008 Hyeres OCR Gold
	2008 Paralympic Midwinters 4 th
	2008 Rolex Miami OCR 4 th
	2007 IFDS Worlds 6 th
	2007 Rolex Miami OCR Bronze 2006 IFDS Worlds Gold 2005 Rolex Miami OCR Gold



MEET THE SAILOR...

1. What is the toughest part of your sport?	
2. Describe your training regime.	A normal week off the water would include, 4 weight sessions concentrating on building muscle mass. 2 Agility sessions, which would aim to improve footwork and co-ordination. 3 Aerobic sessions, trying to Improve stamina and high intensity activity. 1 boxing session to improve hand to eye co ordination.
3. What is your greatest ever achievement in your sport?	Winning 2 World Championship medals consecutively
4. What are your aims / goals for 2008?	Win gold 2008 Paralympics
5. Who will provide the toughest competition?	Germans, Norweigans, Americans, Greeks. Israeli's

6. Have you had any embarrassing moments during training or competition?

Last leg with the finish line in sight of the 1st race of the 2004 Paralympic games. The sheet I was hanging off of came out of the cleat and I ended up overboard.

7. Who is your sporting hero?

Sir Steven Redgrave