

TRISTAN'S SPORTS RESUME

ATHLETIC PROFILE

A highly dedicated and versatile athlete with a proven track record of success at national and international levels. A decorated swimmer with a primary focus on long-distance and open water events, complemented by a strong competitive background in badminton and other sports. Possesses exceptional discipline, mental fortitude, and the drive to excel under pressure. Seeking opportunities to leverage athletic excellence and competitive experience at the collegiate or professional level.

SWIMMING ACHIEVEMENTS

Primary Discipline

Tristan has established himself as a formidable competitor in competitive swimming, with particular strength in long-distance freestyle, individual medley, and open water events. His achievements span national championships, international competitions, and regional championships across multiple years.

National Championships

Bank Windhoek Long Course National Championships – February 2026

Tristan delivered an outstanding performance, competing in 17 events with significant personal best improvements across multiple disciplines. He earned medals in 7 individual events:

- 1500m Freestyle – **Silver Medal**
- 400m Freestyle – **Silver Medal**
- 200m Backstroke – **Silver Medal**

- 200m Butterfly – **Silver Medal**
- 200m Individual Medley – **Silver Medal**
- 800m Freestyle – **Silver Medal**
- 400m Individual Medley – **Bronze Medal**

This championship demonstrated Tristan's versatility and consistent improvement across different stroke disciplines.

Bank Windhoek Long Course National Championship – April 2025

Tristan achieved dominant results in the 15-16 year old category:

- 1500m Freestyle – **Gold Medal**
- 400m Individual Medley – **Silver Medal**
- 200m Butterfly – **Silver Medal**
- 800m Freestyle – **Silver Medal**
- 400m Freestyle – **Bronze Medal**
- 200m Freestyle Relay – **Bronze Medal**
- 400m Medley Relay – **Bronze Medal**
- 200m Medley Relay – **Bronze Medal**

Open Water Swimming

NASFED OWS Competition – November 2025 (Oanob Dam)

Tristan competed in multiple open water events and demonstrated strong performance:

- 5km (16-17 age group) – **Silver Medal**
- 1.5km (16-17 age group) – **Silver Medal**
- 4x400m Mixed Relay – **Gold Medal** (Team Victory)

His relay victory showcases his ability to perform under pressure and contribute to team success.

African Aquatics Zone IV Open Water Championship – September 2025 (Eswatini)

Competing at the international level, Tristan earned medals in both individual and relay events:

- 5km Open Water – **Bronze Medal**
- 4x1.5km Relay – **Bronze Medal**

International Experience

African Aquatics Zone IV Team Competition – December 2024

Tristan represented his region in both pool and open water swimming, competing in multiple events including 5km and 1km distances. He achieved **1st place in the 1km open water event**, demonstrating his competitive capability on the international stage.

Singapore Open Water Championship – July 2025 (Senior Category)

This international competition provided valuable experience competing against elite swimmers. Tristan participated in 5km and relay events, gaining invaluable exposure to international-level competition.

South African National Open Water Championship – March 2025

Tristan placed **4th in his age category** in the individual event and contributed to his team's **3rd place finish in the 4x1.5km relay**, showcasing both individual and team performance capabilities.

BADMINTON ACHIEVEMENTS

Competitive History

Tristan developed exceptional badminton skills from a young age, earning multiple national titles and representing his country at the continental level.

National Championships

- Namibian Champion – u/9 category
- Namibian Champion – u/11 category

- Namibian Champion – u/13 category

International Representation

- All African's Badminton Championship – Represented Namibia in u/15 team at age 12
- International Tournaments – Competed in South Africa (2023 & 2024)
- Badminton International – December 2025 – Reached semi-finals in Men's Doubles

Tristan's badminton achievements demonstrate his versatility as a multi-sport athlete and his ability to compete at elite levels across different disciplines.

OTHER SPORTS ACHIEVEMENTS

Athletics

Tristan has demonstrated exceptional performance in track and field, with particular strength in middle-distance running events.

School Athletics – January 2026

- 1500m – **1st Place** (School Record for u/19 category)
- 800m – **1st Place**
- 400m – **1st Place**
- 100m – Competed
- 4x100m Relay – Competed

School Athletics – June 2025

- 1500m – **1st Place**
- 800m – **1st Place**

The achievement of breaking the u/19 school record in the 1500m demonstrates Tristan's capacity for peak performance and continuous improvement.

Triathlon

Tristan has actively participated in triathlon competitions, demonstrating strong running and cycling abilities alongside his swimming expertise. This multi-disciplinary experience reflects his athletic versatility and endurance capabilities.

KEY STATISTICS

Metric	Value
National Medals	20+
International Competitions	5+
Sports Disciplines	3
Years of Competitive Experience	15+
National Championships	10+
School Records	1 (u/19 1500m)

ATHLETIC ATTRIBUTES

Strengths:

- Exceptional endurance and aerobic capacity
- Versatility across multiple swimming disciplines (freestyle, backstroke, butterfly, individual medley)
- Strong performance in long-distance and open water events
- Proven ability to compete at national and international levels
- Multi-sport athlete with diverse competitive experience
- Consistent improvement and personal best achievements
- Team player with relay and team event success
- Mental toughness and competitive drive

Competitive Experience:

- National championship competition
 - International level competition
 - Open water swimming
 - Team and individual events
 - High-pressure competitive environments
-

EDUCATION & ACADEMICS

Currently balancing a demanding high school academic schedule with elite-level athletic training, demonstrating exceptional time management and commitment to both academic and athletic excellence.

REFERENCES

Available upon request.

This resume documents verified athletic achievements from November 2024 through February 2026.