

## **Stefan Hoggan - Para swimmer and Para triathlete (retired)**

Stefan Hoggan has for many years been a most committed Disability Sport Fife (DSF) member and a superb ambassador for disability sport locally and nationally. Stefan recently decided to stand down from high performance Para sport but retain his involvement in sport as a teacher/coach and a member of the Scottish Disability Sport (SDS) Young Persons Panel.

Stefan's first swimming teacher at the Fife Sports Institute described him as the fastest learner he ever had the pleasure of working with. Within a couple of weeks of being introduced to the learn to swim programme in the Fife Sports Institute small pool he was swimming on his back and front without support. Within a matter of months he was ready for his first gala. DSF galas prepared him for SDS national junior championships and a place in the Scottish junior squad for the British Championships soon followed. Stefan enjoyed an illustrious career as a junior and senior Para swimmer and as a member of Carnegie Swimming Club. The dream of Paralympic and Commonwealth Games selection eluded him but it was not through lack of effort and a major commitment by himself and his family.

Stefan then turned his attention to Para triathlon and fully committed to training north and south of the Border. Moving from one to three disciplines was indeed a challenge. With support from British Triathlon and Triathlon Scotland, Stefan ran in GB colours in a series of major international meets and made steady progress during his short time in this arduous sport. His best performance was in his final event on home soil at Strathclyde Park prior to the Rio Paralympic Games. It was not however good enough to push him up the GB rankings and challenge for the one GB team place that was available. Yet again the ex Bell Baxter HS pupil had given it his best shot and along the way mastered two new disciplines to add to his considerable expertise as a swimmer.

Since standing down from high performance Para sport Stefan has been a busy young man. Swimming teaching and coaching are his new passions and he has been fortunate to secure a lifeguard position with the Fife Sports and Leisure Trust. Stefan signed up for the SDS inclusive coach programme, supported by UK Coach and sportscotland. The programme has offered him a coach mentor and access to resources at a critical period during the transition from Para sport to athlete turned teacher/coach.

Having secured his first Scottish Swimming qualification Stefan was fortunate to access six hours of coaching time with Carnegie SC and the Orcas squad. Stefan also hopes to make use of the coaching qualification he secured while working with Triathlon Scotland. With support from Carnegie Swimming Club Stefan then pursued Level 2 Coaching and he is currently waiting to hear the result. Very recently Stefan was offered and accepted 17 hours coaching with Performance 2 at Carnegie SC over and above his work with the Orcas. Also Stefan now has 12 hours work with the Fife Sports and Leisure Trust as a lifeguard.

Competitive sport has been an important part of Stefan's life for almost two decades and during that time he has made many friends and enjoyed many wonderful sporting experiences. Family is hugely important to Stefan and family members have always played a major role in his life in general and sport specifically.

Stefan always has something new on the go and one of his latest projects was running in the Edinburgh Marathon on 28<sup>th</sup> May to raise funds for Cash for Kids. He raised over £500. Not surprisingly he completed the course in 4:23. Stefan also appeared in a Scottish Government promotional video as part of the "get past the awkward campaign" DSF wishes Stefan well and congratulates him on a super sporting career to date and as the next chapter of his life unfolds I am certain he will have an even more successful career as a teacher and coach.

Richard Brickley MBE – President Disability Sport Fife

