

**The Sports Excellence Scholarship Fund (SESF) and Melbourne Cricket Club (MCC) are proud to launch a brand-new online mentoring series for school students and parents around Australia, commencing in March.**

On Wednesday March 23, the SESF and MCC will introduce the new national online forum series with the 'Online Swimming Masterclass' featuring Australian Olympic Swimmers, Mack Horton and Koti Ngawati, and hosted by SESF Deputy Chair, Andrew Horton.

***CLICK [HERE](#) TO REGISTER YOUR SPOT WITH MACK HORTON AND KOTI NGAWATI***

Targeted for secondary school students and their parents, SESF scholarship alumni and their parents and all MCC members, the virtual event will be an open and interactive forum on the best swimming training methods for your next school carnival, triathlon or open water swim.

MCC Member and SESF Ambassador, Mack Horton enjoyed a glittering World Junior Championships career, where Horton claimed Gold medals in the 200m, 400m, 800m, 1500m and 4x100m freestyle events in Dubai in 2013.

He would then claim a Commonwealth Games Gold medal in the 4x200m freestyle Men's team in Glasgow in 2014, before his crowning moment of holding of China's Sun Yang to claim the Gold medal in the 400m freestyle at the 2016 Rio de Janeiro Olympic Games.

Horton would win a further two Golds at the Gold Coast Commonwealth Games in 2018, and add to his Olympic medal collection being part of Australia's Men's 4x200m freestyle relay team that claimed Bronze at the 2020 Tokyo Games.

Ngawati made her first senior team at the age of 16 when she won a silver medal in the 100m Individual Medley at the World Short Course Championships in 2010 in Dubai.

She was a member of the Dolphins team at the 2014 Glasgow Commonwealth Games.

In 2016, Ngawati qualified for her first Olympics Games – swimming a personal best time in the 200m individual medley to qualify and placing 17<sup>th</sup> overall.

Master of Ceremonies, Andrew Horton is the Deputy Chair of the SESF and Mack's father.

#### *Event Details*

**WHAT:** Online Swimming Masterclass, presented by the SESF and MCC

**DATE:** Wednesday March 23, 2022

**TIME:** 2.30pm – 3.30pm AEDT

**LOCATION:** Online – link will be sent to all registered attendees 24 hours prior to the event

**COST:** Free **REGISTER:** Click [here](#)