

Izzy Vincent

“Find people that make you feel Valued and things you love to do”

Isabella (Izzy) Vincent was the youngest athlete on the Australian Tokyo 2020 Paralympic Team at just fifteen. Izzy was part of the Women’s 4x100m freestyle relay (34 points) winning a silver medal, and also won a bronze medal as part of the women’s 4x100m medley relay (34 points). She also represented Australia at the Birmingham Commonwealth Games in 2022.

Making the Paralympic team at this early age provided Izzy with the opportunity to meet some amazing individuals. She was immersed in the Australian Paralympic “mob” a diverse, empathetic and talented group of athletes and staff. Having this exposure has made such a difference to her self-acceptance and confidence. The Paralympic movement is a force unto itself, providing opportunities for individuals to excel and a platform for advocacy throughout the world. Izzy could not be prouder of her part in this movement and seeks further opportunities to engage and educate through this.


Izzy was born with a congenital disability called Caudal Regression Syndrome. The condition has provided challenges along the way but has never defined who she is.

Izzy attended Marryatville Primary School and Pembroke College, completing year twelve in 2023. She carefully juggled her training, medical and study commitments during the year. There was limited time for socialising but she has a very supportive and close family and a range of pets including a new pup, silkie chickens, guinea pigs and a turtle who kept her positive.

In Primary school Izzy was often left out of PE lessons due to her mobility limitations. When she was younger, she was not encouraged to progress in swimming lessons as she couldn’t kick in the water, despite having a strong upper body. She tried a number of extra-curricular activities including Circus. After encouragement from her hydrotherapist, Izzy began to participate in Norwood Swimming Club’s ENable program, a program specifically for swimmers with a disability. After one month she went to the State Championships and three months later to the National Championships in Sydney. It was then Izzy realized she had found her thing; she was surrounded by amazing people and coaching to suit her strengths allowing her to excel.

Izzy is happy to claim the term ‘disability’. She does not believe it should be considered a negative definition. Izzy is passionate about maintaining the separate environment for Paralympics and the Olympics. The Paralympics and the athletes who participate have a unique and fervent strength that sets them apart. She believes that your life experience creates your perspective and hers has made her more resilient and provided a measured outlook on challenges. Izzy has a huge passion about making things fairer and understands that we all require differing needs at times.

Izzy has lived in the Campbelltown Council since she was three and living across the road from a park has meant she can access this space with her dog and family, watch events and have a nearby venue to host functions. She values the community events like the Moonlight Markets, the parks and open spaces. Izzy appreciates the strong local community and willingness of Council members to listen and respond to the diversity and needs of the community.

A young woman with long dark hair is sitting on a stone ledge. She is wearing a dark top and light shorts. A small, fluffy dog is sitting on her lap. The background is a blurred outdoor setting with greenery.

Izzy is involved with a number of charity and volunteering organisations. She is a valued public speaker and often presents at schools about resilience and inclusion. She is a part of the Australian Paralympic and SASI speakers programs. As a younger person she finds that she can connect with students and focuses her speeches on trying to find your passion, being in love with your life and the importance of not giving up.

Izzy is an ambassador for the Sammy D Foundation, a charity that educates young people on the impacts of bullying, drug and alcohol misuse, and violence. She is also supported by local software development company Lumary, who are not only passionate about helping the disability sector but are the major sponsor of the City-Bay Fun Run. She has had the pleasure of firing the starter gun and participating in the 12km race over the past few years.

Izzy has established a new initiative called SWiPS (Sports Wheelchairs in Primary Schools). The launch of SWiPS was inspired by the passion to make a difference to primary school aged wheelchair users' ability to access a range of sports and provide an opportunity for them to develop skills and participate at a higher level of competition, if that is the path they chose. SWiPS, is a not-for-profit organisation undertaking fundraising activities to achieve a goal of providing specially designed sports wheelchairs to primary school aged wheelchair users, allowing them to fully participate in PE classes. Additionally, the program provides a second sports wheelchair for their able-bodied peers to use, creating a setting of understanding and inclusivity. The SWiPS initiative aims to foster a culture of embracing differences and promoting equal opportunities for physical education, benefitting both wheelchair users and their classmates. By introducing these adaptive sports wheelchairs, Izzy hopes the initiative will build an environment that encourages participation, collaboration and empathy among all students. The vision is to create an atmosphere where young wheelchair users feel valued, involved, and supported.

In 2024, Izzy aims to focus on her swimming as the Paris Paralympics approaches. Her weekly training sessions include eight swim sessions, two gym and a wheelchair basketball session. Izzy is enrolled to undertake a Psychology Degree at University following a break in study in 2024.

Izzy sees success as feeling like you are making an impact and contributing to your community. She believes that it is important to surround yourself with kind people who make positive difference. Her advice to others is to take up opportunities when they present themselves and to live passionately and with purpose.

“Acknowledge your successes and let others see the possibilities”