

Izzy Vincent

Find things you love to do and people that make you feel valued

At 15, Isabella (Izzy) Vincent was the youngest athlete on the Australian Tokyo 2020 Paralympic Team. She won a silver medal with the Women's Freestyle Relay, and a bronze medal with the Women's Medley Relay. Izzy also represented Australia at the 2022 Birmingham Commonwealth Games.

Izzy was born with a congenital disability that affects her physically; the condition has provided challenges but never defined who she is.

Following surgery, a hydrotherapist suggested Izzy try swimming and it was clear this was her 'thing', going from her first sessions to the Tokyo Paralympics within a few years. Izzy is an advocate for disability awareness, active in charity work, and established SWiPS, a charity to introduce sports wheelchairs in primary schools. As a speaker, she promotes disability awareness, emphasising pursuing passions and facing challenges.

Looking ahead, Izzy aims for the 2024 Paris Paralympics, then balancing swimming with university, exemplifying her dedication to making a positive impact on her community.

Acknowledge your successes and let others see the possibilities

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