

Alumnae Mentorship Making Waves on the World Stage

What happens when an aspiring Olympian mentors a rising US collegiate athlete? At Meriden, it creates a powerful cycle of support and success that extends well beyond the School.

We were delighted to recently welcome back Alumna Sophie Pethers (Class of 2025), who has completed an outstanding debut season playing Water Polo on a full athletic scholarship at the University of the Pacific in California. Her progression to the elite NCAA Division I level reflects the dedication and discipline she developed during her time at Meriden.

Sophie's journey has been guided by Coach Olivia Mitchell (Class of 2020), also a Meriden Alumna, who highlights the strong work ethic Sophie cultivated while balancing a demanding training schedule with her HSC studies and part-time work. This commitment reflects the enduring culture of mentorship within the School community.

Coach Olivia's own coaching philosophy was shaped during her time at Meriden under the guidance of her mentor, Coach Chloe, a London 2012 Olympian. This legacy of learning from excellence continues to influence and inspire the next generation of athletes.

Sophie and Olivia's connection began on the Meriden pool deck, where Olivia coached before the pair later became teammates at the Balmain Tigers. This shared experience created a meaningful mentorship, allowing Sophie to develop her understanding of high-performance sport.

"The support I had at Meriden allowed me to understand how to be the mentor Sophie needed," reflects Coach Olivia. "That support continues even now; Sophie still reaches out for advice and support from the United States."

As Coach Olivia, who recently completed a Bachelor of Sport Management (Sport Business), works towards her goal of representing Australia at the 2028 Olympic Games, she continues to model the Meriden spirit of aspiration, service and community.

We are proud to see our Alumnae and staff supporting one another on the global stage.

