



SWIMMER SPOTLIGHT

Featuring...

Anastasia
Furmanic

Nickname: Ana

Years Swimming: 7

Favorite Event: 50 Fly



What do eat for breakfast on race day?

At home I eat oatmeal. At the hotel... Froot Loops!

What is your favorite part about a big meet?

I think when the meets are less local, it is less stressful for me. Since most of these big meets are brand new to me, it is fun. I don't feel stressed.

Do you still get nervous – what strategies to you use to kick the nerves?

No. I used to get nervous about a 400 IM, just because I know how much it's going to hurt! Now I know what I want going into a race, so I'm not worried.

What is your pre-race routine?

I talk to coaches, do a little activation, have some water/Gatorade/snack. Then I visualize my race. I like to break it into chunks: dive, break out, what I'm going to do in the first lap, and how I'm going to bring it all home on the last leg.

What do you think about during a race?

Focusing on those little chunks of the race, then I won't get distracted. It's almost like a little check-list in my head. When I don't have that to focus on, I think about kick rate, stroke rate, breathing pattern.

What excites you most about competing at Westerns in your home pool?

Well...I actually wasn't that excited when I found out it was here! I qualified in 2018, but I was ineligible. They were in Victoria that year, so it would have been nice to travel somewhere new. But I will be happy to sleep in my own bed.

What accomplishment are you most proud of?

I'm pretty proud of my 5 club records; 2 individual events (50 & 100 breast) and 3 relays (400 & 800 free and 400 IM). **Note: all records are LCM for Girls 11-12**

What do you do for fun outside if swimming?

I like to do crafts – painting and embroidering.

Tell us a "Fun Fact" about Ana.

I have the coolest kickboard in the club! I literally slept with it every night after I got it at 2019 Westerns. **See Ana's cool kickboard in her photo above**