

# GOLDFIN GRADS 2020

## CONGRATS ASHLEY NELSON

**High School:**  
**Marion M. Graham Collegiate**



**College: University of Saskatchewan**



**UNIVERSITY OF SASKATCHEWAN**

**What is the best piece of advice you have been given?**

To not rush growing up. My parents have always encouraged me to really focus on the now instead of the future.

**How has swimming/coaching helped you so far and how has it prepared you for the future?**

I have been swimming for so long and most of it throughout high school. It has helped me mostly with time management - school, sport, and friends. It has made me a better student and made me more accountable.

**What are your future plans?**

I have been accepted to Animal BioSciences in the college of Agriculture at UofS. I really enjoy science and learning about anatomy. My goal is to go into Veterinary Medicine.

**What are you most excited about as you enter this new chapter in life?**

I am most excited to meet new people and make more friends with people who are like-minded. I really want to branch off and start learning about new things.

**What are you most nervous or scared about as you enter this new chapter in life?**

I am nervous to have to move at a faster pace. Especially in our current times where I am learning from home and teaching myself.

**What or who has been your biggest inspiration and why?**

My parents. I've never been a person to look up to someone I don't know. I feel like I need a personal connection with someone. I look up to my parents equally. They have taught me a lot. They are hard working. They contributed to the person I am now and who I will be in the future.

**What is your favorite academic memory to date?**

It always feels good when you do well on a test or project. But getting accepted into UofS was very exciting. I applied early and got in early, so that took a lot of relief off my Grade 12 year.

**What has been your biggest achievement to date?**

Getting to represent team Sask at Canada Games (Winnipeg 2017). I was very happy with my 15th placing in the 100 m breast, because it was an open age group and I was swimming through an injury.

**If you could say thank you to someone who has made a difference in your life, who would you say it to and what would you say?**

I would thank 2 people! My fist coach on the Goldfins, Carlie. I moved from the Lasers to the Goldfins around the age of 10. I improved and gained so much confidence in that first year. She exposed me so much to all the races. I feel like she pushed me to be a competitive swimmer. Second, my Grade 10/11 calculus teacher, Mr. Banting. He was the best teacher anyone could ever have. His teaching methods made it so easy to come to class, and earned him an award for innovative teaching skills. He was more of a friend than a teacher.

**What piece of advice would you like to share with your fellow Goldfins?**

The same advice as my parents gave me - don't rush growing up. Appreciate your childhood. Appreciate being a kid and the time you have. Adulthood is scary and stressful. Swim as long as possible and take every opportunity available that comes with the sport.

**Where do you see yourself in 10 years?**

So many of my interests change, so this is a tough one. I would like to be graduated out of Vet Medicine or Medicine and working full-time in a field that I like. I hope to have a husband, a house, a couple of dogs... and starting to think about a family!