

# GOLDFIN GRADS 2020

## CONGRATS JAEDYN ALLEN

**High School:**  
Walter Murray Collegiate



**College:**  
University of Regina

**Varsity:**  
U of R Cougars



University  
of Regina



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

Try your best and don't give up. My friends tell me that a lot when I get a bit down on myself.

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

Swimming has helped me with a lot with time management. We are practicing 8-9 times a week - then balancing school, friends, and work on top of that. Time management is an essential skill for the future!

**What are your future plans?**

I've been accepted to study nursing at U of R. I am able to take my sciences, math and some nursing classes in French, so that will help maintain my language skills.

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

I think I'm most excited to move away from home and be more independent. I love my family, but I am ready to live the whole college experience!

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

I'm probably just as nervous to be on my own. I won't have anyone there to help me. Joining a new swim team and being the youngest again is a bit scary too.

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

My mom. She is so strong and always goes after her goals. I really admire that.

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

My English class went to Ottawa for a week in the fall. We got to visit the Parliament Buildings and learn about Canada's military history. We were there during Remembrance Day, so we went to the ceremony at the National War Memorial. That was very special.

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

Two years ago, I won *Most Improved* at the Goldfins swim banquet. I was proud of that award.

**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?**

My dad, James. We butt heads a bit, but at the end of the day, we're always there for each other. He always drives me to practice, volunteers at meets, and is super supportive of me. Thanks for all you do for me!

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

Soak it all in and don't take it for granted. I am really missing the pool and my team right now.

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

Hopefully I have finished my Bachelors & Masters in Nursing. And I would like to do some travelling.