



SWIMMER SPOTLIGHT

Featuring...

Jayden Bilous

Nickname: JB

Years Swimming: 10 competitive
(but I've been in the pool since I was 2 months old!)

Favorite Event: 200 IM



What do you eat for breakfast on race day?

Eggs, fruit, yogurt and something high in carbs – waffles, pancakes, or bagels.

What is your favorite part about a big meet?

The pressure and adrenaline, the moments right before the race and taking it all in.

What is your pre-race routine?

About 15-20 minutes before my race I do a brief dryland activation to get warm. I listen to music on my headphones behind the blocks. I try to visualize the race and focus on breathing to help keep me calm.

Do you still get nervous – how do you shake the nerves?

Yes. I don't know that I necessarily want to shake them off. I've just learned how to use them to my advantage to motivate me.

What do you think about during a race?

I focus on some of the technical aspects, but for the most part I just put my head down, zone out and go after it!

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

Having that home pool advantage and getting to eat my parent's cooking – any pasta dish will do!

How do you de-stress after a hard workout?

I listen to lots of music and stretch.

What accomplishment are you most proud of?

Representing Team Sask at the 2017 Canada Summer Games in Winnipeg and at the 2019 Western Canada Summer Games in Swift Current.

What is a highlight of your swimming career?

Meeting my idol Caeleb Dressel and competing at Mel Zajac in Vancouver with him was pretty sweet!

You're helping coach the W3 group on Saturday mornings. What is your favorite part about coaching our young Goldfins?

I enjoy working with the younger athletes and helping them improve. When I see what the younger swimmers have to correct, it helps me reflect on my own stroke refinement.

Tell us a "Fun Fact" about Jayden.

When I first started swimming at 2 months old I bawled my eyes out because I didn't want to be in the water. But my mom kept bringing me and wouldn't let me quit. Now here I am competing in the sport.