

GOLDFIN GRADS 2020

CONGRATS KYLIE FLYNN

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



College:
**University of
Ottawa**



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

Try new things. My mom has always encouraged and supported me to try out all the things I am interested in outside of swimming. And having a great coach like Steve, who didn't mind me missing practices to try something new was always super helpful.

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

Swimming has been a character builder for me - work ethic, organization, perseverance - that not a lot of other kids get an opportunity to have. From a swimmer aspect, coaching has given me some perspective and appreciation for my own coaches. These swimmers have become like my little brothers and sisters and I really want to see them do well.

What are your future plans?

I will be studying Biomedical Sciences, as a pre-med program, at uOttawa this fall. My goal is to go into medicine with a focus on mental health. I am also looking into some clubs and volunteer activities in Ottawa to stay engaged and fit.

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

Being independent. I feel like I am now, but I am excited to see how I will do truly on my own. I am also excited to be studying in a field of interest and being able to choose my own classes/schedule. And, of course, meeting new people and making new friends.

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

Right now, I am mostly just excited. I am a high achiever academically, so the potential for a grade drop is a bit scary. However, I am already preparing myself for that!

What or who has been your biggest inspiration and why?

My mom. She has always encouraged and supported me in trying new things - music, soccer, swimming. She is a band teacher, so I think she was a little disheartened when I chose to focus on swimming, but she has been a huge support for me. She works a lot and always has the energy to still do things for me - driving me to workouts, officiating at meets, helping with school.

What is your favorite academic memory to date?

Being the valedictorian for my Grade 8 graduation. I enjoy writing and public speaking, so being the valedictorian for my Grade 8 graduation was a highlight. I was in the 'Science Trek' program with new classmates and it was fun to recount our best memories of the year.

What has been your biggest achievement to date?

Being awarded the Loran Scholarship. *See more on this amazing achievement in the supplementary interview: KYLIE FLYNN - LORAN SCHOLAR 2020*

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?

Well, I've talked about my mom a lot, so I will focus on my swimming coaches, namely Steve. I would tell him thanks for putting up with me - I am not the easiest teenager to deal with! And thanks for genuinely caring and putting in the work to help me succeed.

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

Just have fun. You don't need to be an Olympian to love swimming! It is a great way to stay in shape. The friendships you make in the sport are like none other and will last you a lifetime. And if you really don't like it, try something else!

Where do you see yourself in 10 years?

If I pursue the psychiatry route, I will probably be a resident working in a hospital in 10 years. I still hope to be involved in swimming too - coaching, officiating, or watching!