



# SWIMMER SPOTLIGHT

Featuring...

## Angelo Pallaro

**Nickname: Pallaro**

**Years Swimming: 10**

**Favorite Event: 200 Backstroke**



**What do you eat for breakfast on race day?**

I usually have yogurt or oatmeal.

**What is your favorite part about a big meet?**

Going fast – I think about getting a medal and that energy motivates me.

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

Not at the small meets or even in the prelims in the bigger events. But finals I do still get nervous. I use breathing techniques to calm myself down.

**What is your pre-race routine?**

I put on a playlist, listen to my music and focus on the race.

**What do you think about during a race?**

I usually just put my head down and do it! And try and swim fast.

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

It is one of the nicest pools that I have been in. And I know my way around, so I am comfortable here.

**What accomplishment are you most proud of?**

Making an A final at the most recent U18 National Italian Championships. I was only 17, and competing against older athletes, so I was really happy making that final.

**What is your favorite hobby outside of swimming?**

Snowboarding. I am about 2 hours away from the mountains back in Italy, so I can easily do a day trip.

**What are your plans after graduation?**

I actually have to go back and do Grade 13 in Italy. However, I plan to apply to some Canadian Universities.

**Tell us a “Fun Fact” or something we don’t know about Angelo.**

Back in Italy I have a collection of shot glasses from all the places I’ve travelled. So when I get older I will be able to think of all the places I’ve been while having a drink! *Note: The legal drinking age in Italy is 18!*