



SWIMMER SPOTLIGHT

Featuring...

Shanna Tierney

Nickname: Shan

Years Swimming: 10

Favorite Event: 200 IM



What do you eat for breakfast on race day?

On race day I eat oatmeal, yogurt and fruit.

What is your favorite part about a big meet?

Sharing the excitement and energy with my friends.

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

Yes. To shake the nerves I talk to my teammates or my coach, or I'll do visualization race prep.

What is your pre-race routine?

I go up 7 minutes before I race and put my cap on and goggles on my head. I jump/dance around and sing while doing arm swings, leg swings, squat jumps, etc. 200 meters before my race I take off my clothes and 100 meters before I put on my goggles and splash myself.

What do you think about during a race?

During the race I don't really think about anything unless it's a longer race, it's mostly auto pilot. But if I would I'd just tell myself to pull through my strokes, hold my catch and go fast!

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

The best part about having westerns here is that I get to sleep in my own bed. Also my parents can watch and competing in our training pool is always a plus and takes away some nerves.

What has been the highlight of your swimming career?

Qualifying for Olympic trials in 100 fly.

How do you de-stress after a tough workout

My favourite de stress is eating (a healthy meal of course).

Tell us a "Fun Fact" about Shanna.

My dream is to one day open a chain of very unique restaurants, including: potato palace (a restaurant that serves ALL kinds of potatoes), sushi salad and Shanna's shakes (with the best milkshakes). And once I've done that and I retire rich and young I will have my own national geographic TV show and I'll travel the world learning about the worlds most beautiful and interesting creatures and incredible environments.