

Meet RAC's 2016 Trials Qualifiers



Name	Kieran Smith
Age	16
Height	6'3
Stroke	400IM
Hometown	Ridgefield, CT

Kieran's words of advice

"Your destiny in swimming lies in your preparation".

1. What age did you start swimming? *When I was 6 years old at Pleasantview*
2. What age did you start at RAC? *When I was 6 in Olympic Way*
3. What do you love most about swimming? *Seeing my hard work pay off at a meet*
4. What race/meet are you most proud of? *2015 AT&T Winter Nationals where I finished 5th overall with multiple Olympians in the heat.*
5. When did you set your goal to make it to the 2016 Olympic Trials? *When I was 9 years old during a goal meeting with my former coach, Chris Woolridge.*
6. What did you first think when you saw on the clock you made your trials time? *WOW, THAT WAS FAST!*
7. How many hours a week have you practiced since you set your goal? *When I was 9 we did about 10 hours of training a week, and I have built that up to around 23 hours a week.*
8. How many hours a day do you study for school and what is your GPA? *I have an honors load and spend about 2 hours a night on homework and studying, my average GPA is 4.2 this year.*
9. What motivates you to get up at 4:30am to swim before school? *To be a great elite athlete, morning workouts are a necessity. Everyone does them.*
10. What is the best thing about RAC? *The size of the team. Its small enough to build relationships and big enough to be recognized as a powerhouse Connecticut team.*
11. What is the best thing about your Coach(s)? *All the coaches have a great relationship with each other, and they all know how to push you and help you have fun.*
12. What do you do in your free time? *I do a lot of eating and sleeping. I enjoy doing things with friends on the weekend as much as possible.*