

Meet RAC's 2016 Trials Qualifiers



Name	Marcie Maquire
Age	16
Height	6'0
Stroke	100 & 200 Backstroke
Hometown	Ridgefield, CT

Marcie's words of advice

" All the pain and sacrifices you have to make for this sport will eventually pay off, you just have to be patient."

1. What age did you start swimming? *When I was 5 for the Mimosa Missiles*
2. What age did you start at RAC? *When I was 10 years old in the Silver Group with Coach Chris.*
3. What do you love most about swimming? *The relationships you form*
4. What race/meet are you most proud of? *The 200 Backstroke at NASA Junior Nationals when I made my first Trials Cut.*
5. When did you set your goal to make it to the 2016 Olympic Trials? *I set my goal when I was 12 after RAC swimmers Brian Bollerman, Faith Martin and Jimmy Martin returned from the '12 Trials and said how great it was.*
6. What did you first think when you saw on the clock you made your trials time? *I wasn't really thinking about anything, I just couldn't believe it – I felt joy and pain!*
7. How many hours a week have you practiced since you set your goal? *25 hours of pool/dryland a week, about 55,000-60,000 yards, 9-11 practices a week.*
8. How many hours a day do you study for school and what is your GPA? *I study about 3 hours a day, I have a 3.9 GPA and my favorite classes are French and Chemistry. I'm also member of the National Honor Society, USA Swimming Academic All-American and Connecticut Scholar Athlete.*
9. What motivates you to get up at 4:30am to swim before school? *Knowing that you can't get better if you don't put the work in.*
10. What is the best thing about RAC? *My teammates.*
11. What is the best thing about your Coach(s)? *Coach Emmanuel thinks ahead and is passionate about the sport.*
12. What do you do in your free time? *Sleep!! Spend time with my friends and family and play with my dog.*