



John Thomas Larson

Age: 17

Club: Edina Swim Club

Qualified Races: 400 Freestyle

How I started Swimming: My parents signed me up for Olympic Style swim lessons when I was about 5 or 6 and I enjoyed it a lot. They suggested to my mom to sign me up for Richfield swim club.

How do you stay motivated to compete at such a high level? I enjoy racing in different venues against the nation's best.

What have you taken away from your swimming career so far? I've learned that the mind is a powerful thing. Anyone can go make a goal in life and achieve it if they truly think they can and have put in the work required.

What has been your most memorable race so far and why?

The 800 free relay at Age Group State when I was 13. Three other teammates and I went up to the blocks to get ready for our relay. I was anchoring and we were in the lead by about a body length, which was really cool because I'd never been on a winning relay before. By the time I hopped in the water three other boys ran me down pretty quickly. It was pretty comical. We ended up getting fourth and the guys were totally cool with it. We were just really happy to get a medal.

What advice would you give to younger athletes who aspire to be in your position?

You should always swim for yourself. Never feel like you have to swim for your parents or your coach. Have fun and always look for the positive side of things.

If you could spend a day with any Olympic swimmer, who would it be and why?

Aaron Piersol. I've gotten the chance to talk with him and he's a really chill guy. We'd probably just surf all day.