



Lindsey Horejsi

Age: 18

Club: Mantas Swim Club

Qualified Races: 100 & 200 Breaststroke

How I started Swimming: Both of my older sisters swam so I wanted to follow in their footsteps. Also my parents can't swim all that well, my dad actually can't swim at all, so they wanted all of us to learn how to swim.

How do you stay motivated? I stay motivated by thinking about my best races and the feeling of when you hit the wall and see that you just went a best time. There is no better feeling than that. With that being said, even your fastest races can improve. You can ALWAYS improve. There's no such thing as a perfect race. So I try to keep improving and hopefully reach for that feeling again. Also hearing stories about how you've affected people's lives and how much they look forward to reading about you in the paper. That's a pretty awesome feeling.

What is your favorite event and why? My favorite event is the 100 breaststroke...mainly because I've done it much longer than the 200 breaststroke and I know how to strategize it better. The 200 is growing on my though and I think in a few years it may be my new favorite event, I'm getting past the initial fear of going out too fast and dying.

What is your favorite music to listen to before you race? I don't listen to music before I race. Instead I like to visualize how I'm going to swim that certain event. I like to think about my start, underwater pullouts, turns, and my finish. Also try and get my stroke count in my head. That way I know if I'm swimming too long or short of a stroke for that race.

What is the best or most memorable race you ever had? My most memorable race I've ever had would have to be when I made my trial cut in the 100m breast, just a few weeks before the 2012 trials. I missed the cut by a few tenths during the meet. This was also my first year swimming for USA swimming so I didn't know I could time trial it. The only catch was I was going to be the only one swimming, so I would have to be racing the clock and only the clock. I stayed until the end of the meet and time trial'd it. I remember some of the Minnesota Gopher swimmers cheering me on along side the pool but other than that it was pretty quiet. I ended up making the trial cut and I still don't know how I did it. I don't remember much of the race itself just the feeling of turning around and bursting into tears. Hugging my coach after getting out of the pool is another feeling I will never forget.

What advice would you give to younger athletes that aspire to be in your position? Have fun!!! I cannot stress enough how important this is. If you're having fun you'll swim fast. Of course work hard and walk away from each practice knowing you've done all you could've, but still remember to enjoy yourself. Swimming fast is fun, but if you're having fun you will swim even faster!

