

Abby Kohl

SSAN Senior

1. **Name:** Abby Kohl
2. **Age:** 18
3. **Years on SSAN:** 2 years
4. **What university will you be attending in the fall:** University of Nebraska- Omaha
5. **Will you be swimming at university:** YES
6. **Favorite stroke:** Freestyle
7. **Favorite before meet meal:** Breakfast Tacos
8. **Favorite event:** The mile- 1650
9. **Favorite pump up song:** Brand new Man by Brooks & Dunn
10. **Favorite practice set:** 6x100 All out from the blocks on 6:00
11. **Least favorite set:** 12 Days of Christmas
12. **Favorite piece of swimming equipment:** Snorkel
13. **Longest period of swimming without dropping time in your best event and how did you get through that struggle:** 2 years. I kept working hard every day in practice.
14. **Favorite SSAN moment:** When we taped Coach Trevor and Coach Andrew's door at 2019 Zones
15. **Best advice given by a SSAN coach that you've applied to your swimming career:** To swim out of comfort during every practice.
16. **Greatest challenges during your swimming career and how did you overcome this challenge:** Going multiple season without dropping time...Keep pushing!
17. **Advice you would give to your younger SSAN teammates:** Keep working hard and never give up! All your hard work will pay off in the end.
18. **Best change(s) you have made to your swimming:** I have become better at sprinting and all four strokes.
19. **Favorite team travel trip and why?** Zones 2019 in Tupelo. I made new friends! Plus, Coach Trevor and Coach Andrew get creative with taping hotel doors.
20. **Anyone you want to thank during your time on SSAN:** Every single one of the coaches!!!!