

1. **Name:** Jasper Van Lier
2. **Age:** 17
3. **Years on SSAN:** 10 years
4. **What university will you be attending in the fall:** Undecided
5. **Will you be swimming at university:** Hopefully
6. **Favorite stroke:** Breaststroke
7. **Favorite before meet meal:** Mama's pasta
8. **Favorite event:** 50 Breaststroke
9. **Favorite pump up song:** Bob Marley. Anything Bob Marley
10. **Favorite practice set:** 50x50's
11. **Least favorite set:** 4x1000's
12. **Favorite piece of swimming equipment:** My special kickboard
13. **Longest period of swimming without dropping time in your best event and how did you get through that struggle:** Like a long time ago I wasn't improving a lot at all. But when I got to high school I set my mind straight and focused on getting to practice and training hard.
14. **Favorite SSAN moment:** Getting 7<sup>th</sup> at TAGS
15. **Best advice given by a SSAN coach that you've applied to your swimming career:** Go to Friday and Saturday practices.
16. **Greatest challenges during your swimming career and how did you overcome this challenge:** Not dropping time. Focused more and trained harder.
17. **Advice you would give to your younger SSAN teammates:** Stay loyal to your team. It pays off, trust me.
18. **Best change(s) you have made to your swimming:** Training fast.
19. **Favorite team travel trip and why?** I have never been on one yet, but I'm sure NCSA's will be very fun this March.
20. **Anyone you want to thank during your time on SSAN:** My teammate Matthew, The Ex-Wolfpack, and also my parents because I love them very much.