

# Lauren Cordes

SSAN Senior

1. **Name:** Lauren Cordes
2. **Age:** 18
3. **Years on SSAN:** 3 years
4. **What university will you be attending in the fall:** Rhodes College
5. **Will you be swimming at university:** YES
6. **Favorite stroke:** Freestyle
7. **Favorite before meet meal:** Gluten-free pasta and chicken breast
8. **Favorite event:** 50 Free
9. **Favorite pump up song:** Highway Unicorn (Road to Love) by Lady Gaga
10. **Favorite practice set:** None
11. **Least favorite set:** 5x1000s set
12. **Favorite piece of swimming equipment:** Snorkel (his name is Kevin)
13. **Longest period of swimming without dropping time in your best event and how did you get through that struggle:** 3 years. I got through this by becoming gluten-free due to celiac along with taking iron supplements. I didn't give up or quit swimming either.
14. **Favorite SSAN moment:** Getting stickers for my best times.
15. **Best advice given by a SSAN coach that you've applied to your swimming career:** Stay positive!
16. **Greatest challenges during your swimming career and how did you overcome this challenge:** Not dropping time in 3 years.
17. **Advice you would give to your younger SSAN teammates:** Do not give up and stay positive.
18. **Best change(s) you have made to your swimming:** Changing my attitude towards my swimming overall. Practice was no longer a chore.
19. **Favorite team travel trip and why?** Zones 2018. We almost died and bonded over our near-death experience.
20. **Anyone you want to thank during your time on SSAN:** My Coaches and my teammates Oliva Leblanc, Megan Gallagher and Zoe Ueghlinger.