

Matthew Tannenberger

SSAN Senior

1. **Name:** Matthew Tannenberger
2. **Age:** 17
3. **Years on SSAN:** 8 years
4. **What university will you be attending in the fall:** University of Texas
5. **Will you be swimming at university:** YES
6. **Favorite stroke:** Freestyle
7. **Favorite before meet meal:** Olive Garden- Tour of Italy
8. **Favorite event:** 100 Br
9. **Favorite pump up song:** Under Pressure by Queen
10. **Favorite practice set:** 1000, 2x500, 1000, 5x200, 1000, 10x100
11. **Least favorite set:** The Eddie Reese Sprint Set
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:** I went 2 years without dropping in the 500 free. I lacked a lot of confidence and focus. Once I regained my confidence, I knew I was going to drop.
14. **Favorite SSAN moment:** Breakthrough swim in the 200 free last summer. I thought I was NEVER going to drop. Also, coming to the 2018 LC TAGS to support the team.
15. **Best advice given by a SSAN coach that you've applied to your swimming career:** Believe in yourself even at your lowest point.
16. **Greatest challenges during your swimming career and how did you overcome this challenge:** Not dropping time and learning how to deal with adversity. I had to go back to the basics mentally and physically.
17. **Advice you would give to your younger SSAN teammates:** Trust the process, be coachable, know your times and splits to be able to get the most out of your practice, and never losing sight of your goals.
18. **Best change(s) you have made to your swimming:** Finally listening to what everyone (especially Coach Ross) had told me about my freestyle stroke and fixing it.
19. **Favorite team travel trip and why?** 2018 SCY NCSA's because it was one of my best meets and my last one with the seniors who I had swam with for years.
20. **Anyone you want to thank during your time on SSAN:** All the coaches- especially Laura and Ross for all they have done for me since I first joined at a 9-year-old. All of my current and past teammates for motivating and pushing me to be my best and making me want to come to practice every day. And my parents for always being there for me. Giving me endless love and supporting me through my ups and downs.