

1. **Name:** RJ Taylor
2. **Age:** 18
3. **Years on SSAN:** 1 year
4. **What university will you be attending in the fall:** Oklahoma Christian University
5. **Will you be swimming at university:** YES
6. **Favorite stroke:** Backstroke
7. **Favorite before meet meal:** Eggs and bacon
8. **Favorite event:** 100 Back
9. **Favorite pump up song:** Long Time by Playboi Carti
10. **Favorite practice set:** Anything Mid-Distance
11. **Least favorite set:** Anything IM
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:** 1 year in the 500 year. I got through it by keeping a positive attitude and focusing on my stroke.
14. **Favorite SSAN moment:** Being at Long Course NCSA's in 2019
15. **Best advice given by a SSAN coach that you've applied to your swimming career:** "Don't let one race effect your whole meet." – Coach Laura
16. **Greatest challenges during your swimming career and how did you overcome this challenge:** Not being able to improve in my distance events. I got through it by keeping my head high.
17. **Advice you would give to your younger SSAN teammates:** If you want to be successful in any sport you have to trust your coaches.
18. **Best change(s) you have made to your swimming:** Adding more kick to my strokes.
19. **Favorite team travel trip and why?** Austin trip in 2019. I was able to bond with many of my teammates.
20. **Anyone you want to thank during your time on SSAN:** Coach Laura and Coach Ross for always supporting me.