

Tanner Isaacs

SSAN Senior

1. **Name:** Tanner Isaacs
2. **Age:** 18
3. **Years on SSAN:** 2 years
4. **What university will you be attending in the fall:** Undecided
5. **Will you be swimming at university:** Undecided
6. **Favorite stroke:** Breaststroke
7. **Favorite before meet meal:** Super Yummy
8. **Favorite event:** 50 Free
9. **Favorite pump up song:** Old Drake
10. **Favorite practice set:** Breaststroke drill sets
11. **Least favorite set:** 200 sets or fly sets
12. **Favorite piece of swimming equipment:** Fins
13. **Longest period of swimming without dropping time in your best event and how did you get through that struggle:** 6 months. I overcame this by trying more and attending regular practices.
14. **Favorite SSAN moment:** Getting Sectionals Cuts
15. **Best advice given by a SSAN coach that you've applied to your swimming career:** "The 100 Breaststroke is not a glide, it's a sprint." – Coach Ross
16. **Greatest challenges during your swimming career and how did you overcome this challenge:** Going to regular practices and grinding.
17. **Advice you would give to your younger SSAN teammates:** All in or all out.
18. **Best change(s) you have made to your swimming:** My endurance.
19. **Favorite team travel trip and why?** I haven't been on one yet.
20. **Anyone you want to thank during your time on SSAN:** All the coaches for putting their swimmers first.