

NORTH TEXAS DEI ATHLETE SPOTLIGHT

Presented by **arena**



Swimmer: Cedia "Dia" Henderson

Team: Mansfield Aquatic Club

Dream School: UCLA

Favorite Event: 50 free

Favorite Set: 4 x 100 all out off the blocks, timed.

Q: Describe your favorite swimming memory:

My favorite swimming memory is when I was 12 and went under 30 in my 50 meters free for the first time in the summer of 2019

Q: Whom do you consider someone that you look up to?

I would consider Simone Manuel someone whom I look up to. She is one of the few black swimmers whom you'll see, and we specialize in the same events.



Q: What hobbies do you have outside of swimming?

Some hobbies I have outside of swimming include baking and crafts.

Q: What advice would you give a swimmer just starting their swimming journey?

Some advice that I would give to a young swimmer just starting their journey would be to enjoy yourself and don't stress it too much.

