

SCSC Alumni information.

Name: Sarah Shimomura

School: University of Arizona

Year: Senior

1) Is your college experience how you imagined it would be? Explain

My college experience has been better than I ever could have imagined. I will be graduating this May from the University of Arizona with a degree in Retailing and Consumer Sciences and a minor in Business Management. I could not have asked for a better team, coaching staff, or academic experience. My college experience by far has been the most exciting and fulfilling years of my life.

2) Did Santa Clara Swim Club prepare you for this experience? Explain.

Santa Clara definitely prepared me for college swimming. From 6am morning practices and Allison saying, "it's time to be awesome", I learned that this sport will require hard work but that it will also be the most amazing thing you will ever be a part of. Santa Clara teaches you what it is like being a part of a team, which is critically important when going into college swimming.

3) What is the best thing you have learned about yourself while at college?

I have learned a lot in my four years at college but the best thing I learned about myself is that I am resilient. I have faced numerous challenges in college, but it has made me realize that I have the strength to overcome any obstacle. You are constantly growing and evolving in college and you leave becoming a much stronger version of yourself.

4) Do you have anything you have experienced that you were not prepared for?

In college I had to adjust to managing my time and my commitments. This was the first time in my life that I was completely on my own, so I had to figure out how to be independent. This was difficult at first, but it becomes easier and you learn a lot about yourself along the way.

5) If you were to give any advice to swimmers preparing for college swimming and the college experience, what would you tell them?

I would tell swimmers preparing for college to get ready for the best four years of their life. I would tell them that once they get to college, to take advantage of all of the resources they have access to as student athletes like academic tutors, nutritionists, and sports psychologists. Finally, I would tell them that they have to find a healthy balance in college between their school, swimming, and social life because that is critically important.

6) Awards or accolades you have received?

In 2017 the Pac 12 Conference awarded me with the Sportsmanship Award. This award is given to someone who displays exemplary sportsmanship and teamwork in the face of adversity. The Pac 12 Conference recognized my journey of recovery after I was struck by an ambulance on my way home from class. This award means more to me than any award based off of swimming accomplishments because the sportsmanship award is a testament to my character and resilience.

Good luck to all of the Santa Clara swimmers!