

Hi! I'm Zoe Lusk and I am currently a rising junior at Duke University (Class of '22). I am majoring in Neuroscience, minoring in Chemistry and on the pre-med track. I graduated from Paly and swam on PASA (@ rinc) starting from when I was 10 (with Tisha in Sharks) until I graduated (with Tony in the Senior group). PASA was a huge part of my life growing up and I am so grateful for the experience because I know that without it I wouldn't be where I am today.

One thing I can 100% say about PASA is that it prepared me incredibly well for college swimming. Some girls on the team came in from being on tiny programs with no sense of "team" or teams that only practiced 6 times a week that had a lot of difficulty transitioning to the college environment. Even though going to 8/9 practices a week was difficult, I really think that it prepared me well for what to expect at Duke. Also, coming in I was super prepared for the level of intensity of the practices.

Another thing that PASA has really prepared me for is taking advantage of all the new resources offered. At Duke they have so many resources available to student-athletes, but many people don't know how to take advantage of them. If you want to take an ice bath, get a tutor, get cupping, have a coach work on technique with you, all you have to do is ask, but it is up to you to take it into your own hands and have initiative. Having so many opportunities at PASA has really helped me be not afraid to ask for help and take my swimming and my wellbeing into my own hands.

Above just swimming, being part of such an incredible team gave me skills that I know that I will use for the rest of my life. Tony also emphasized that he was not only helping us develop as athletes but also as people/leaders. Time-management, working well with others, accountability, and learning that my voice is important are some skills that PASA taught me and I will carry with me forever.

Overall when I look back at my time (8 whole years!) with PASA, the memories of "Easy" Tuesdays, pump-up breakfasts, Amazing race, Friday Fundays, Scamble Rockets, earning duckies, swimming in tennis shoes, Candyland, skits and even diving into the pool at 4:50am to pull lane lines from my time in Tisha's, Ben's, Ricky's, Carlene's, and Tony's groups make me smile.

While reflecting on my PASA experience I have just realized that this is the longest I have gone without swimming since starting PASA when I was 10. Although this time is difficult and I do really miss being in the pool, I have tried to take advantage of the free time (and all the extra sleep!). This summer I had planned to take Physics E&M while working at the Foothills PASA site coaching, but with the current situation it is all up in the air. Hopefully we will all be back in the pool soon and wishing everyone a safe and healthy quarantine!



