



*Aquatic Times*

**Featured Athlete/Coach Archives**

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**AT Feature:  
Forrest White**

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*Forrest White*

*By Debbie Johnson*

Coming off a multi-record breaking 6 & UN summer rec season - 23 to be exact - Forrest White made swimming history this winter at the Pacific Junior Olympics (formerly Pacific Championships). Just two months after turning seven, he was the youngest swimmer to qualify and swim this meet in its youngest age group, 10 & UN! And, as Forrest stood by the block, the announcer made sure everyone in the crowd knew it!

Hannah Hair-Vista Diablo  
 Billy Hayes-De La Salle  
 Coach Mike Heaney-Walnut Creek Aquabears  
 Chris Danesi-Terrapins  
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 Kelly Koch-Diablo Valley College  
 Olympian Jeff Rouse

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 Gehringer Gators Coaching Staff  
 Kelly McCabe-Diablo Valley College  
 Katy Erhardt-Diablo Valley College  
 Blake Henderson  
 Sean Peneyra-Vista Diablo  
 Sam Craven-Vista Diablo  
 Jocelyn Chang  
 Ryan Wall  
 Dewing Park 8&un Girls  
 Jimmy Bailey-Diablo Valley College  
 Blake Henderson  
 Chelsea Allard  
 Suzanne Heim-Bowen  
 Dave Boatwright  
 Lauren Rogers



*Forrest with Stanford coach, Richard Quick,  
at Richard's summer swim camp*

Forrest said of the J.O.'s, "It was fun to be there! I didn't hear them make the announcement about me because I was concentrating on my race." Another highlight of the weekend for Forrest was, having dinner with Olympian Natalie Coughlin who is a friend of the White family.



*Forrest swimming to a freestyle victory at  
the 2004 County Championships*

Forrest's dad, Troy, swam for a short time when he was younger, but went to college on a football scholarship, while his mom, Kim,

went to UCSB for volleyball. But, there's strong swimming genes somewhere in this family as, their daughter Madison (9-10) is also a pretty awesome swimmer in her own right and serves as Forrest's inspiration... "Madison helps me a lot by pushing me and telling me to go hard. She won county four times! I'd like to be like her."

Forrest swims for Blackhawk in the summer under the excellent direction of Head Coach Zack Devenish, and in the fall for the Crow Canyon Sharks lead by the very accomplished Dan Cottam and Ethan Hall. Forrest started swimming for Blackhawk at age four. His favorite strokes are freestyle and backstroke. In the off-season, Forrest told us he doesn't think about swimming as much, which I'd say is a very good thing, especially for young swimmers.



*Congratulations from Forrest's sister, Madison and his Blackhawk Head Coach, Zack Devenish on earning the high point trophy at the 2004 County Meet.*

Dad told us, "Forrest also idolizes his coaches." Forrest remarked that, "Ethan inspires me by telling me to go fast; Dan is a good coach; and, Zack is nice and cool."



*At the Reno Invitational with his sister, Madison and his Crow Canyon Sharks coaches, Dan Cottam and Ethan Hall*

Coach Dan Cottam had this to say about his young phenomina: "I've coached Forrest for two years and he's a pleasure to coach. He never complains. Forrest practices with the 10 & UN, racing down the lane, keeping up with them. And, his technique is good, too. It was really cool at J.O.'s when they announced Forrest as the youngest swimmer ever to swim the meet! I see big things in his future."



*One of his many record-breaking ribbons*

I asked Forrest this summer at the Scottsdale meet, where we were witness to some of his record breaking swims, what made him so fast... "I just swim practices like I swim meets," he

proclaimed confidently.



*Forrest, relaxing in the shade doing what swimmers do best besides swimming -- playing cards*

The White family had a pool when their children were very young, so Forrest has been swimming since he was 18-months-old. According to Forrest's parents and grandparents, though, he tried everything he could to get out of swim lessons. So, parents, take heart. If your children throw a fuss about swim lessons and say they don't want to take them, don't feel bad. Success and a love for swimming can be born out of it anyway!

Forrest would like to swim the Olympics someday and it seems that may be an attainable goal!



*Grandma Jan Gilmore is one of Forrest's biggest supporters and a great friend to AT!*

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**Even though the REC season is over, AT's coverage isn't! Look for our Upcoming REC Features Articles/Photos this fall on:**

County Championships-More Coaches & Swimmers  
Concord City Meet  
Scottsdale Invitational  
Vista Diablo's, Sam Craven  
Black Hawk Swim Team  
Forest Park's Coach, Jeff Mellinger  
Olympian and Miramonte Coach, Mike Stamm  
Black Hawk's, Georgi Cappelletti

**Is your team not being covered in AT??? Do you have a swimmer(s)/coach that you would like to be featured in AT? Then give us a call at 60 WATER.**

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