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AT Special Feature:

West Zones Award Winner, Raena Sumiyoshi



Raena Sumiyoshi

West Zones Award Winner, Raena Sumiyoshi

Recently, Aquatic Times has had the opportunity to interview Raena. This interview gives you just a small glimpse into this synchronized swimmer's life.

How long have you been in synchro?

I joined the San Francisco Merionettes when I was 8, but I couldn't swim the length of the pool yet, so I first had to learn to swim. I actually started doing synchro skills when I was 9. I moved to Moraga and joined the Walnut Creek Aquanauts when I was 11. So, I have been doing synchro for 7 years.

On average, how many hours a week do you practice?

Now, I practice between 25 and 30 hours a week.

What made you begin synchro?

When I was younger, I went to Japan every year to visit my relatives. Synchronized swimming is very popular in Japan and is on prime time TV. When I was 8, I saw the Barcelona World Championships on TV in Japan. The swimmers looked both beautiful and athletic, and that made me want to try it.

What are your hopes/plans for your future?

I am trying out for Junior National Team later this month. I hope to make it this year and/or next year. After high school, my goal is to go to Stanford, since they have both great academics and a good synchronized swimming team. I want to study psychology, and having a career is important to me, but I also would like to continue synchro. Stanford would allow me to do both.

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