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## AT Special Feature:

### Gianna Garcia's Record Breaking Summer



Gianna Garcia swimming her favorite stroke.

Recently, Aquatic Times had the privilege of interviewing a terrific swimmer named Gianna Garcia. While swimming for Crow Canyon Country Club, Gianna broke many records - one of those being a 27-year-old record broken at AquaPen. Gianna has really enjoyed her first summer on Crow Canyon, and when looking back on her experiences and memories of past summers, she believes this was the most fun she's ever had and added, "I couldn't have achieved these times without my favorite coaches: Jacob Schroeder, Rachel Ridgeway and Ethan Hall."

Aquatic Times also had the opportunity to ask one of those coaches, Jacob Schroeder, about Gianna. Jacob just finished his second year as head coach at Crow Canyon and has been coaching Gianna since the previous fall. When asked if Gianna was an example to others on her team, this is what he had to say, "This is the easiest question to answer. As a new swimmer to a team that already has a very strong nucleus of amazing swimmers, you worry about their adaptation to the new culture - not just the practices, but the other swimmers as well. She jumped into the group and never looked back - I truly admired her quiet confidence that resonated with the other kids. Her training commitment brought the whole group to a new level as she won their friendship and respect. That is saying a lot for a 10-year-old athlete. It's a rare package to be a talented swimmer, a hard worker and great person at such a young age - a swimmer with truly no limits to her potential and future accomplishments."

See below the interview for a detailed list of Gianna's 2009 records.

#### When did you begin swimming?

I started out at Sue's Swim School when I was 18 months old.

#### When did you start swimming competitively and why?

I was six years old. I swam for ClubSport Marlins and I loved to race: At the VSA league meet I made County for the first time in freestyle. Then, when I was eight and nine, I swam for the HOX with Coach Brian Holms. Then, I tried the Fall Program at Crow Canyon and met Coaches Dan, Ethan, Jake and Rachel, went to JO's for the first time then wanted to swim for the CC Sea Lions. **Do you have any siblings?**

Yes, a five-year-old brother, Miles. This was his first year swimming competitively for the Crow Canyon Sea Lions. **What is your favorite event(s)?**

My favorite event is the 50 Fly, I love this stroke! **Do you have a favorite swim team memory?**

At Crow Canyon we have a Triathlon, it's just for fun, and this was my first time doing one. I had a blast with all my friends there, supporting each other and cheering for one another. **What is your favorite color?**

Hot Pink! **Do you eat anything special at the swim meets before you**



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compete?

I like to eat watermelon or strawberries as a snack at every meet. **Who is your favorite swimmer and do they inspire you?**

Natalie Coughlin. I look up to her because she's accomplished so much, setting world records, and she helps out her community, like the Poohstrong Foundation. **Do you have goals for your swimming (present and future)?**

This year my goals are for JO's I would like to qualify for as many events as I can.

### Gianna's Records

#### Aqua Pen —

~In a meet that requires the swimmer to compete in all five events and adds up the times together to determine the lowest total time (50 Fly, 50 Back, 50 Breast, 50 Free and 100 I.M.), Gianna broke a 27-year-old record with a time of 3:23.19; the old record was set in 1982 with a time of 3:25.80!

#### Woodlands —

~50 Back- 31.66 breaking the old record of 32.71 set in 2005.

~50 Fly- 29.87 bringing down the old record of 30.48 set in 2006.

~9-10 Free and Medley Relays broke records from 1999 and 2005.

#### VSA League Championships —

~50 Back- 32.16 with the old record being set in 2005.

~50 Fly- 30.56 with the old record being set in 2006 .

~100 I.M.- 1:10.28

~9/10 Free and Medley Relays both set records.

#### Contra Costa County — ~9/10 Girls High Point winner.

~Her 50 Fly time of 29.58 and was only one hundredth away from tying the current record and, again, her 100 I.M. time was close to the record with a time of 1:09.35.

~Teaming up with her relay partners, they were again able to set records in the 9-10 Girls Free and Medley Relays.

On her own team, Gianna holds the Crow Canyon Team Records in the 100 IM, 50 Back and 50 Fly.

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