

JV Men's Swimming Head Coaches '09

Nay Paine



- 1.) What are your practices like?
Practices are fun but they sometimes can get a little tiring.
- 2.) How long do you usually practice for?
They range from one and a half hours, to two hours.
- 3.) How often are the practices? Monday through Thursday from 4:30 to 6:00.
- 4.) Do you enjoy swimming? Totally!
Otherwise I wouldn't be doing it.
- 5.) Which stroke do you prefer?
I'd have to say either freestyle or back.
- 6.) Describe your coach.
He is a very kind caring man and makes me enjoy being on the swim team.
- 7.) Do you do any other swimming outside of practice?
On offseason I usually swim at other places like the Blue Ash Rec.
- 8.) Do you have any advice for people who like to swim?
You should always look for new things to do and this applies especially for swimming.