



Qwinton Upshaw is a first-year member of the Tiger Pride Group.

Qwinton has demonstrated some awesome TIGER values as he has acclimated to his new training regiments and demands. Qwinton has been great at listening and translating coaches critiques directly to his swims. Qwinton has also been a great addition to the dryland workouts where his athleticism is awesome to watch.

Congrats Qwinton on being our next Tiger Champion!