

## CIARA HYNES - EUREKA HIGH SCHOOL



Ciara will be attending and competing for University of Wisconsin - Whitewater Warhawks. She plans to major in either Environmental Science or Marine Biology as a member of the Honors College.

**Most embarrassing or challenging moment?** I dropped my water bottle from the stands during a meet and it landed in the pool. Luckily it didn't hit any swimmers or officials. It was a challenge to learn how to deal with VCD (vocal cord disorder) but with help from coaches I learned to handle it in meets and practice.

**Favorite race or practice?** My favorite race is the 100 free. My favorite set is probably the 15 x 100 set and really any sprint set Sean could come up with.

**Favorite memory with Rockwood?** All the travel to meets was fun. What really stands out is the training trip to Canada. We had a chance to see and do so many things as well as train with another team in the pool and dryland. Niagara Falls at night and during the day and then the excursion behind the Falls were so much fun. Having Erica Mock sing the Star Spangled Banner at the meet was cool. The whole trip was fun and hard work.

**FROM CIARA - I want to thank all my coaches for always pushing me to do my best and for helping me deal with my VCD. I also want to thank my parents for driving me to all my meets and being my #1 supporters. I also want to thank my teammates for being so supportive and always making me laugh.**

