

Balti Allende – Age Performance Squad



What are your favourite races? Why?

My favourite races are 100free, 200free, 400free, and 100fly. The reason why they're my favourite is because, I have something special that can let me win my race, and that is keeping my pace. Long distance races need a tempo, and that is what I have, make me swim a 400free I can keep a pace that is fast but at the same time not slow me down. Recently I checked my 400free splits and I kept 38 seconds every 50 for 200m.

What's your favourite thing about being a Trojan Swimmer?

My favourite thing about being a Trojan swimmer is that we always have each other's backs. When it's about to be your turn to race, a Trojan swimmer will always say "You got this!" Or when you're really tired from a hard set, there will always be a swimmer saying "come on let's do this!" And we're always bonding together, making friendships that last a life time. That's what I love about being a Trojan swimmer.

What's your favourite song / type of music to help you swim fast in training / a gala?

My favourite type of songs to motivate me in galas are pop songs, or rock, as they really help me visualize my race and get me set on the right mood. For example, I got my mind set on you, helps me visualize beating my PB.

What's your favourite accomplishment to date? What goals do you have for this season?

My favourite accomplishment to date was in KL, when I was just 9 years old. We were doing a relay and I was the last one to swim (4x100 LC), we were losing by roughly 7 seconds. It was my turn to swim, and at the last 25m I overtook the other team, making my team come first and beat the meet record! My goals for this season is to beat as many records as I can, and beat 13 year old times.

Has Trojan helped you settle into life in Ireland?

Yes! Trojan has enormously helped me settle into Ireland; the whole team always make me feel like I'm one of them, like I've always lived in this country.

What life lessons has swimming with Trojan taught you?

Trojan has taught me that tough times don't last, but tough people do. In the hardest of situations we can keep going and not give up, because we are warriors! 🏆👊