

Rachel Marshall – Age Performance Squad



How long have you been swimming?

Although I only joined Trojan last year. I have been swimming for as long as I can remember and in a club since I was 7.

What are your favourite races? Why?

I prefer long distance and I tried 800 free in the last gala and really enjoyed it.

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

Skilled and dedicated coaches. And supportive teammates.

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

Wake me up- Avicii.

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

Getting personal bests in all my events at my first competition in 2 years

What life lessons has swimming with Trojan taught you?

How to balance school and training.