

Ronan Fahey – National Squad

What are your favourite races? Why?

Favourite race is the 200fly.

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

The atmosphere at training, the people and our coach all push each other to do the best we can and support each other no matter what.

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

I don't have really have a favourite accomplishment as of right now but if I had to pick, I would say being selected for the potential LA 2028 swim team. My goal for this season is to make it on the National team and for the future would be initially Europeans and later on, the Olympics.

How do you balance swimming, study, and your social life?

I don't really know how I balance everything. I would say that time management is vital as people can lose up to an hour and a half at least per day on time wasting.

If you feel unmotivated, unfocused or overwhelmed, what do you do?

To deal with feeling overwhelmed I break everything down and deal with it one thing at a time.

What advice would you give to a young swimmer who is starting their journey in swimming?

My main advice would be to enjoy yourself and don't take it too seriously as when you get to an elite level and are committing to 20 hours a week not including travel times you need to be able to enjoy yourself and have swimming as a break from school or other things bothering you.

What life lessons has swimming with Trojan taught you?

The main life lesson I've learned is probably learning how to dedicate myself entirely and commit myself to the sport.