

# Toast of the Coast: Myrtle Beach's Campbell makes a splash

Seahawks' Campbell continues domination as a sophomore

By Ryan Elswick - relswick@thesunnews.com

Each race begins the same way for Myrtle Beach's Lauren Campbell. Before she hits the water, she stretches, thinks about her strategy, and then mentally reviews her mechanics, the movements, the motions. She says a prayer, asking God to let her do her best. Then she dives in.

Each race usually ends the same way as well, with Campbell outpacing the competition to reach the wall first for another win.

Campbell dominated local competition, was named Region VII-AAA girls swimmer of the year and earned a pair of bronze medals in the state meet en route to becoming back-to-back Toast of the Coast Girls Swimmer of the Year.



By Charles Slate cslate@thesunnews.com - Lauren Campbell finished third in 500-yard freestyle and the 100-yard butterfly at the Class A-AAA state meet.

The fast start to her high school swimming career stands in opposition to her strategy for long-distance races.

"If you went all out the whole time, you'd never be able to be strong at the finish. You have to learn to pace yourself," Campbell said.

Campbell, who tried a variety of other sports when she was younger before fun and success kept her coming back to the pool, said there are two main reasons for her continued success: hard work and her teammates.

During the season, the Seahawks practice three times a week, but preparing for her club team, the Myrtle Beach Riptides, keeps Campbell in the water two to three hours a day, six days a week. She also focused on swimming in different events, which helped her become a stronger overall swimmer. There were also a lot more members on the team this season, which she said made the atmosphere better at practices and meets.

"It helped me to lighten up and have more fun with everybody," Campbell said.

So after a fast start in her first two years of high school, the sophomore has two years left to test her endurance, to remain strong to the finish.

"You have to improve and I've been able to do that so far, so hopefully that'll continue," Campbell said.

**Highlights** | Finished third in 500-yard freestyle and third in the 100-yard butterfly at the Class A-AAA state meet; Region VII-AAA girls swimmer of the year; 2008-09 Toast of the Coast Girls Swimmer of the Year. Additionally, Lauren was named MB High School Female Athlete of the Year and was named to the All-Region Swim Team.