

# **Whetstone Swim & Dive**

# COACHES INFORMATION

Boys Head Coach: Chris Cordi [cmcordi@gmail.com](mailto:cmcordi@gmail.com) 614-496-3298

Girls Head Coach: Diane Barnhart  
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# QUESTIONS FOR COACH

What made me want to coach swimming & Dive at Whestsone?

Ans/Because of the challenge this brought!

What I love about this sport?

Ans/The individual competition and comaraderiethat this sport has.

Why should a student consider participate in swim & dive.

Ans/Get involved and meet other students. To be fit and improve your fitness level.

# QUESTIONS FOR ATHLETES

What do you love about participating in swim & dive?

Ans/ I love the swim meets and the overall energy that the team creates. The team has a really nice bond and it makes the whole sport fun. Getting to meet and become friends with so many new people.

What are you looking forward to the most this season?

Ans/ Looking forward to just being able to swim since we haven't been able to swim because of the pandemic. To see the improvements from all. Being able to reconnect (even if its at 5:00am in the morning, since we all don't go to school together.

# QUESTIONS CONTINUED

What is the hardest part about training for swim & dive?

Ans/ The hardest part is definitely waking up at 4:00 am and staying motivated to keep going to practice everyday. It's really exhausting at first, but once you get used to it, it gets better. Having people at practice who keep their spirits up make it easier.

How long have you been swimming?

Ans/ Have been swimming for years. Have been swimming competitively since age 7.

# QUESTIONS CONTINUED

Were you nervous to try out for swimming? How did you get over it?

Ans/ Yes, everyone goes through it. I was able to get over the nerves because I really like swimming. In swimming there isn't tryouts. I just minded my own business and let myself warm up to everyone over time.

# QUESTIONS CONTINUED

What advice would you give incoming athletes at Whetstone?

Ans/Just to get good grades and have fun. Don't let someone try to pressure you off the team or into doing something you don't want to do. Enjoy what your doing. Every sport is 10 times more fun when your doing it with people you like and an overall good environment. Also, something might not seem so fun at first but, if you give it some time it will work out.

# QUESTIONS CONTINUED

What advice I would give for a student athlete trying out for swim & dive.

Ans/ To try it our first, because you never know what it will be like. Everything is going to be hard but, it gets easier as you go and you get to meet new students.

What is something motivational I tell my athletes?

Ans/ “There may be people that have more talent than you, but there’s NO EXCUSE for anyone to work harder than you do.” Derek Jeter



# QUESTIONS CONTINUED.

What makes me most excited for every season?

Ans/That I get to be around young student athletes that want to make a difference and getting stronger and learning how to overcome adversity.

# PICTURES



# PICTURES CONTINUED



# PICTURES CONTINUED

