



# Swimmer Spotlight

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## Jacob Christensen

Jacob Christensen did not start his swimming career as a young child as so many of the ORCA swimmers have. He started swimming because he didn't like playing baseball anymore. His step-dad, Joey Borgese, inspired him to try some club water polo. He enjoyed it and Joey got him to join ORCA's swim team to get stronger in the water. He started dropping time and ended up loving swim!

He started swimming competitively in the 8<sup>th</sup> grade, "pushing 14" as he calls it. It must have been a great time for him to start because he has excelled ever since.

When asked who inspires him to swim

his best, he had this to say, "my family inspires me all the time to swim my best. I always have countless family members cheering me on; it gives me confidence to swim fast. The coaches also give me a lot of confidence to swim my best, because of the great training, and knowing that their tips and advice will make me faster. I find personal inspiration by always just trying to have fun, and always having a competitive nature."

Jacob's competitive spirit shines in the breaststroke, which he says is his favorite stroke, "because I love the feeling of shooting through the water." The 100 Breast is his favorite and his fastest

event. He also says, "I think the 200 IM is a fun event, because I get to sprint each stroke. I also love sprint freestyle (200 or less). I love the feeling of sprinting Free, and the close races in both individual events and relays."



Jacob's overall swimming goal is to get as fast as he can while still having fun. Other goals include getting the

All-American time for the 100 Breast before he graduates from high school, and to drop as much as he can in freestyle and the other strokes to be more valuable in college.

The highlight of his swim career so far was getting the sectional cut in the 100 Breast. “It surprised me because it was the first meters meet of the season, so I wasn’t well prepared for meters, and the weekend before I missed the time standard for the yards cut.”

When asked what his best “moment” in swimming was, he responded with, “my best moment in swimming was definitely the 2014 WAG meet. The entire meet was super fun, being together as a team in Las Vegas. I also won both the 100 and 200 breaststroke, and it was my favorite moment having the team and coaches there



for the 200 breaststroke, the last event at finals on Sunday night, cheering me on.”

Jacob’s advice to young swimmers is to always give everything your best effort, even on a bad day. “Bad days, practices, or meets are always a part of the road to success, and the hard thing to do, but the right thing to do, is to shrug it off, and continue giving your best effort and working on what you’ve been practicing.”

Jacob feels that there are many positive aspects about swimming in his life.

“Swimming gives me a chance to put aside all the busy or stressful things in my life, and just focus on the practice and swimming hard. It keeps me in great shape, and gives me inspiration to try my best in other things, the same way I try my best in swim.”

When Jacob is not swimming and doing homework, in his free time he enjoys going to the movies, hanging out with friends, watching TV and sports, eating and sleeping.

Jacob attends Valencia High School, swimming in the Empire League, CIF



SS, Division 3. He swims varsity in the 100 breaststroke and the 200 IM. At league finals this year he finished #1 in the 100 Breaststroke (undefeated in league) and 2<sup>nd</sup> in the 200 IM. At CIF Division III Finals he placed second in the 100 Breaststroke with a time of 59.01 (his goal is to break the school record of 58.04). He also swam the 200 IM placing 11<sup>th</sup>.

Jacob has swum in most age group championship meets where he has one the

Gold in both the 100 and 200 Breaststroke at 2014 WAG and 2015 Summer JO's. He also swims in senior meets and competed at Sectionals in the 100 and 200 Breaststroke and recently qualified for the USA Swimming Futures Championships in the 100 Breaststroke. He has captured many ORCA records and Top Five spots, including breaking some records which stood for 20+ years.

His ORCA records and Top Five positions include:

13-14 SCY  
#1 – 100 Breast  
#1 – 200 Breast

15-18 SCY  
#2 – 100 Breast  
#1 – 200 Breast  
#4 – 200 IM  
#5 – 400 IM

13-14 LCM  
#1 – 100 Breast  
#1 – 200 Breast

15-18 LCM  
#5 – 100 Free  
#4 – 200 Free  
#1 – 100 Breast  
#1 – 200 Breast  
#3 – 200 IM  
#2 – 400 IM

