



# 2010 Assistant Coaches



**Regina Quezada**

**What is your favorite quote?**

"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. But quitting, lasts forever." – Lance Armstrong.

**What is your favorite activity outside of swimming?**

I enjoy reading, going to the movies, and hanging out with family and friends.

**Do you have another job? Family?**

For the past 3 years my "other job" has been being a student. I just graduated from Sac State in the Fall of 2009. Now I'm going through the teaching credential program at Sac State.

**What is your favorite food, music, color?**

My favorite food is Mexican and Chinese. I like all types of music; country, pop, pop/rock, and rock. My favorite color is blue.

**What is your favorite swim memory?**

My favorite swim memory is when my high school coach, my junior year, put me in that 500 free; because I had finally found my niche as a distance swimmer.

**What was the best advice a swim coach ever gave you?**

- All the hard work I put in during the season would pay off when championships came around.

**How many years have you been swimming?  
And Where?**

I have been swimming for 10 years. I swam in high school, college, and now I swim on my own at the gym.

**How many years did you compete? Do you still compete?**

I competed for 6 years: 4 year in high school (Irvington High School, Fremont CA) and 2 years in college (Ohlone College, Fremont CA)

**What were your favorite events?**

100 Back, 500 Free, 1,000 Free, and 200 Free

**How many years have you been coaching and/or teaching swimming?**

I have been coaching for 4 year.

- The only swimmer I can control is myself, therefore the only race I should worry about is my own; not the other five girls I was racing against. And if at the end of the race I knew I had given it everything I had, I had given it my all, no matter where I finished or what my time was I should be proud of myself because I did everything I could.

**Tell us something we might not know about you?**

Swimming is not the only sport I participated in, for 12 years I played soccer, from ages 5-17, and was on my high school soccer team for 3 years.