

Reece Gallagher, Catoosa



Parents: Sean and JoAnne Gallagher

CASL: 10 yrs., Fort O Marlins & Catoosa Great White Sharks

High School: McCallie School

Academic Accomplishments

- 3.8 cumulative GPA with honors and AP courses
- Headmaster's list (over a 4.0 for any given semester) x5
- Faculty recognition list (award for outgoing and hardworking students)

Swimming Accomplishments

- Back to back state champions
- School record holder (100 breast, 200 medley relay, 200 free relay)
- McCallie athletic council
- 4X State Championship Finalist

USA Swimming Club Team: McCallie/GPS Aquatics

Accomplishments

- Team record holder
- Southeastern Championship Finalist
- 4X NCSA Junior Nationals qualifier

College Plans

- Attending Queens University of Charlotte in the fall and swimming there competitively
- Studying Biology or exercise science as a precursor to Physical Therapy school

Favorite CASL/Great White Shark memories

CASL: As a USA year-round swimmer, it has always been enjoyable for me to compete against my fellow club swimmers in shorter sprint events. For example, Ross Valdez and I had a remarkably close race our 13-14 years in the 100 IM at Baylor during city meet. I always loved the opportunity to compete, and it was a pleasure to be able to race in shorter events. One of my personal favorites was the 50 backstroke because of the CASL exclusive second flag under water rule. I would try to see if I could get my fastest time while swimming 40 yards underwater.

Great White Sharks: Since the Ringgold Tiger Sharks - FTO Marlins merger, there were many more kids on the team than previously. This gave me the opportunity to step up and help some of our younger swimmers with their CASL experience. I loved teaching the younger kids about all four strokes and how they can work on their technique. Most of all I tried to help them have fun with swimming so they would continue their journey of becoming their best in the water...playing games like sharks and minnows and underwater competitions.

What does summer swimming mean to me?

Summer swimming has a special place in my life. After every summer league season ends, I am always looking forward to the next season. To me, it has the perfect balance of competitiveness, fun, strengthening friendships and making new ones.

Advice for new summer swim league swimmers

For the new coming swimmers, it is important to have fun and enjoy your time in the water. At the beginning of your summer swimming journey, do not get frustrated with your times or your technique because those things will come along with the fun in the sport. The more fun you have, the more passionate about the sport you will become.

Parting Words

I would like to dedicate my time as a CASL swimmer to Mark and Bonnie List. As a young, 8 yr. old die-hard ball player, I took swimming lessons from Bonnie who genuinely believed in my abilities. Within a few weeks, I told my parents that I had "found my sport" ... that I wanted to swim competitively. That is all I have ever done since with Mark being my first swim coach, and the rest is history.