



Katie Nolan

CLUB: Hershey Aquatic Club (HAC-PA)

AGE: 15 **DOB:** Aug 21, 1991

HEIGHT: 5' 5" (165.1 cm)

HOMETOWN: Hershey, Pa.

BIRTHPLACE: Hershey, Pa.

COACHED BY: Greg Fastrich

CAREER STATS:

2006 JR NATS - 2 Final, 100m FL

Career Highlights:

Captured silver in the 100m fly at the 2006 Speedo Junior Nationals ... was the Pennsylvania state champion in the 100y fly

ADDITIONAL HONORS:

National Teams: 2007 National Junior Team

PERSONAL:

High School: Hershey HS '09

Future Professional Aspirations: Zoology

Parents: James and Theresa ... father is the assistant treasurer for Hershey Foods and mother is a homemaker

Sibling(s): Younger brother (David) is a swimmer and runner ... younger sister (Elizabeth) plays soccer and basketball ... younger sister (Emily) is also a swimmer

Started Swimming: Age 8 ... "My parents wanted me to be able to swim well."

Sports Played Before Swimming: Soccer, basketball

Nickname(s): Kate, Sweet ... "I have no idea where Sweet comes from."

Pet(s): One dog (Goldy) who is a Golden Retriever ... one cat (Raja)

Hobbies Outside the Pool: Playing tennis, reading, drawing, playing viola, piano and clarinet

Ultimate Way to Relax: Having sister massage her hands with lotion

Most Influential Person: Dad ... "He has always taught me to be dedicated, which is necessary to be a swimmer."

Training Stats: Swims 7-8,000 meters/yards per day, 2 hours a day, 6 days a week

More: Is also the #4 tennis player on her school's varsity team