

UC San Diego Senior Day Post-Meet Quotes, Jan. 19, 2013

UC San Diego Co-Head Coach Matt Macedo

General thoughts on today's competition:

"CBU (Cal Baptist) is in our conference, so we knew what to expect (from them). They are always tough. We had a little more depth, which was nice, but they've always got some real top-end swimmers that give us tough races. They are very well-coached, and are a team we see at least twice a year with the dual meet and the conference (championships).

"Simon Fraser is a Canadian team applying to be in the conference, so we might see them a lot more, but we really didn't know a ton about what we were going to see. That first (400 medley) relay, they handed it to us, so we knew right off the bat that they had a lot of pretty good athletes. They only had 11 swimmers here at this meet, so we knew that with depth and things like that, that we would be able to compete very well. I thought after that first relay, it was going to be interesting, but we responded to that and swam pretty tough."

On some individual highlights of the day:

"Nick Korth is someone who always stands out on our team. I think (55.57) is right around his in-season best time (in the 100 breast). We didn't swim him in the 200 breast, which he was an NCAA champion in (in 2011), so that was kind of a break for him to get a chance to swim some other events. To me, it wasn't so much about the top guys today. Most of the standout swims came from some of our rookies, like Kyle Nadler, who swam the 1000 and 500 free. Those are real tough events, and he won both of them. Paul Li, his (freshman) teammate, who had a little sickness this week, is usually leading that charge (in distance freestyle). To see that role reversal just shows what great training partners they are.

"We had a lot of great swims. (Michael) Leung, who's a freshman, went (52.09 in the 100 back), which is right off his best time. That's his in-season best. You could talk about a lot of people, but those were the swims that really jumped out at me today."

On Senior Day:

"I wanted to see the seniors swim well. That's always important. We gave them an option to swim one off event, which means an event that maybe isn't a primary one for them, but is something that they think would be a lot of fun. So we try to give them a bit of a different feel for this meet. But if you look around, it's 70 degrees, we got eight or nine recruits in, and there was a lot of energy to feed off of. This sport is unforgiving at times. It's a lot of hard work, so to see them step up and swim well as a team while being led by the seniors, that's really what today is all about."

UC San Diego Senior Co-Captain Julius Espiritu

On the final home meet of his four-year Triton career:

“(I had) mixed feelings. On one hand, it was a good feeling because it was my last home meet, but it was also bittersweet because I spent my last four years here. Overall, though, it’s a good feeling. I love this team. It’s been a great four years. I couldn’t have asked for anything more.”

On the team’s performance:

“(We swam) very well. We had a lot of in-season best times. We’re switching our training phase from more of a distance focus to a speed focus, and it’s working.”

On what the Tritons hope to accomplish over the coming weeks:

“Just get faster every week. Cal Poly, we want to go faster than this week, obviously. Then at conference (championships), the big goal there is to qualify as many people as we can for nationals. That’s the big picture.”

UC San Diego Senior Paul Guzman

On the final home meet of his four-year Triton career:

“It’s just nice to see everyone swimming so well and having fun. It’s been a great four years. I’m very grateful to have been a part of it.”

On what’s ahead for the Tritons:

“I think defending the conference title is definitely something we can do, and then it’s just full of possibilities for nationals. There’s a lot of talent on this team and there’s still lots of stuff to see.”

UC San Diego Senior Diver Tyler Runsten

On the final home meet of his four-year Triton career:

“It’s strange. After four years, I’m just used to these meets. It was fun. I had a great time. I really enjoyed it. It was weird seeing all my classmates up on the blocks getting flowers.”

On his performance, posting an NCAA qualifying score on three-meter:

“I think I did great. I just got back. I started my season late, so it’s been kind of hard getting all my dives back. I’m still not back up to my full potential yet, so it was pretty nice to be able to get a big score just doing easier dives.”

On what’s ahead:

“The conference meet should be fun. My sophomore year, I was runner-up on three-meter at nationals, so I was hoping to place pretty high last year, but I didn’t even final. This year, I just want to final and finish strong.”

UC San Diego Senior Katherine Tse

Her thoughts on Senior Day as a fourth-year Triton:

“I thought today went really well, especially since it was Senior Day and we had a whole bunch of other (UCSD) teams come and watch us. A lot of us stepped up, we felt the fun environment, and it’s warmer than our other past meets. It made for a really good meet.”

On her performance and progression heading toward the championship season:

“I’m actually really proud of what I’ve done today, especially since I’m coming off of some injuries that have kind of messed with my head a little bit. Over these past four years, this is definitely my best year injury-wise and mentality-wise. The finish line is there, and I’m making the most out of it.”

On what’s ahead for the Tritons:

“At the beginning of the season, we had a team goal to beat USD, because we tied them last year, so that’s a main goal. For it to be our last home meet, I think it’s going to be pretty special. (The conference meet) is a chance for people who haven’t qualified for NCAAs yet to step up and qualify. We’re going to try to get as many of our teammates there to Birmingham (Alabama) as we can.”