

2013 NCAA Division II Swimming & Diving Championships
UC San Diego Day Three Quotes - Mar. 8, 2013

Co-Head Coach Matt Macedo

On his national champion swimmer Dane Stassi:

“He did exactly what he needed to do. We didn’t want him to over-swim the first half. He remained controlled early and then threw down the fastest third 50 of the meet, by far.

“The consistency of his training has been the biggest difference between his freshman and sophomore seasons. To swim that race like that twice, you can’t fake it.”

Sophomore Dane Stassi

On his first national championship:

“It feels pretty good. It was nice because last year, I came in ranked second and finished fifth. I was happy to have reached the final, but left a little disappointed. To come in favored and win, it’s a much better feeling.”

On his strategy during the race:

“I always ‘back-half’ the 200 fly, kind of take it easy and glide through the first 100, and then try to explode and take off in the second half of the race. I knew some of the other guys would be out there fast, but I just told myself not to worry and when I had a great third 50, they paid the price. I think one of the guys who was right up there early ended up seventh.”

On getting a congratulations text from Triton legend Alex Henley:

“I got a ton of people sending me texts and I haven’t really been through most of them, but one that caught my eye was from Alex Henley (three-time NCAA individual champion, twice in the 200 butterfly). It just said, ‘Welcome to the club.’ I think all of us at UCSD know who the past national champions are, even those that were well in the past. I know I check it out. It’s pretty cool to be a member of that group as a sophomore, and the 200 fly is considered one of the toughest events, so to be in that company with someone like Alex is extra special.”

Junior Co-Captain Nicholas Korth

On his victory in Friday night’s consolation final:

“It was satisfying to go from a negative morning to a positive evening session. It felt really good to end on a strong note and start the night off right for the team. I swam a very good race, but it goes to show how important it is to get it done in the morning. I didn’t set myself up and paid the price tonight. But I’ve got next year and hopefully, I’ll learn from this and be in that No. 1 spot as a senior.”