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A SHARK IN THE POOL

Even at age 41, Dara Torres was one of the fastest swimmers at the 2008 Olympics, winning three medals.

How did you get involved in swimming?

My parents had a pool in the backyard and wanted me to be water-safe, so I got in the water at an early, early age. I started swimming on a team at about age 7 or 8, and fell in love with standing up on the blocks and racing and competing.

What's your favorite swimming event?

The 50-meter freestyle. It's the most challenging event because you can't make a mistake. It's a 24-second zip down the pool, and your start and your finish all have to be on. I like how it goes by quickly, too. I'm a pure sprinter, so the shorter, the better.

Do you ever get nervous before a competition?

Oh my gosh, always! You'd think after all these years, I wouldn't. But it's a good thing. Nervousness is all about adrenaline, and you want that. If you feel like you've done everything you possibly can to prepare, you can go out there and channel that nervous energy, and...

To read the rest of Dara's interview, visit:

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