

Georgia Southern University

Digital Commons@Georgia Southern

Athletics News

Athletics

5-19-2020

Twelve Questions with Swimmer Klaudia Holt

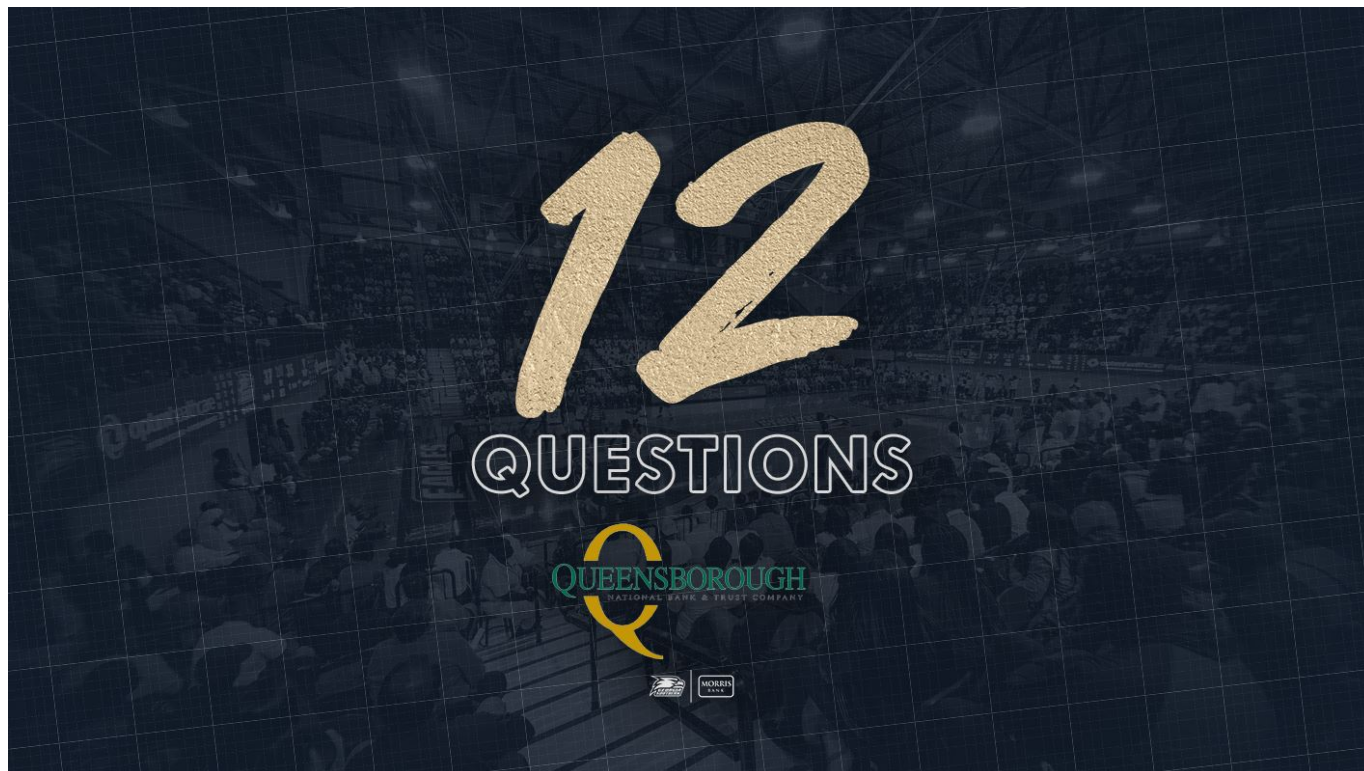
Georgia Southern University

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/athletics-news-online>



Part of the [Higher Education Commons](#)

This article is brought to you for free and open access by the Athletics at Digital Commons@Georgia Southern. It has been accepted for inclusion in Athletics News by an authorized administrator of Digital Commons@Georgia Southern. For more information, please contact digitalcommons@georgiasouthern.edu.



Twelve Questions with Swimmer Klaudia Holt
Swimming and Diving
Posted: 5/19/2020 10:35:00 AM

Time to get to know some Georgia Southern student-athletes a little better with 12 Questions, presented by Case iH Agriculture, Tidewater and Morris Bank. Next up is [Klaudia Holt](#), a Junior who swims Freestyle and Butterfly for the Eagles.

1. Which one of your coaches would win in a rap battle?

[Canaan Campbell](#), our graduate assistant, would definitely win in a rap battle. I sometimes feel as if he's more "hip" than I am. He would definitely be the coach to survive the pressure.

2. What is the craziest thing your parents have ever done after a win or loss?

My family hasn't ever done anything crazy after one of my races. My grandma cries a river of tears every single time I win a race which is the sweetest thing.

3. What is your pre-meet ritual?

Before every race, I jump as high as I can five times in a row, I kiss my hands, and then I pray behind the block. Once I'm on the block I clap three times to pump myself up one last time before I hit the water.

4. What is your definition of a good teammate?

A good teammate is someone that pushes you to be better both on and off the pool deck. A good teammate is also someone who is motivating, energetic, and supportive no matter the time. I have numerous teammates that come to mind.

5. Do you think there is life on other planets and if so do they swim there?

It's hard for me to believe in that. I am more of a "I'll believe it when I see it" type of person.

6. What has been your favorite show to binge during quarantine?

My family binge watched both seasons of All-American in two days. We literally sat down and played episode after episode until it was over.

7. How have you been staying active during this tough time?

I have been running and lifting in my basement. I recently started the Chloe Ting workout videos and have been adding those to my routine to help build that finer muscle.

8. Have you found a new favorite food while being quarantined? If so what and why?

I haven't necessarily found a new food but I have been thoroughly enjoying my mom's cooking. I am incredibly blessed to have her feed me such quality meals around the clock. Needless to say, my stomach has been very happy throughout quarantine!

9. What made you come to Georgia Southern?

This question is always a tough one for me to answer. I simply had this gut instinct about Georgia Southern from the moment I stepped on campus, so there was no questioning whether or not I would come here. I didn't have to think much about whether or not I was making a good decision on my commitment; I just knew it was what was right for me.

10. What is special about GS and what is something that you would tell incoming freshman about it?

There are so many things that are special about GS but the thing that I find the most special is the close-knit communal aspect of the school. It's a pretty big school but I know that there are people who have my back, who support me, and who will help me to reach every single one of my goals.

11. What is your favorite memory at Georgia Southern?

My favorite memory happened at the University of Tennessee. At finals, I swam the 500 free in under five minutes, which was something that I had deliberately working on for five years or so. It was a huge personal feat. My teammates and coaches ran over to my lane and just made me feel so loved. It was a moment that I will truly never ever forget.

12. If you were stranded on a desert island and could only bring three items what would they be?

If I were stranded on a desert island, I would have to bring my camera, my favorite book, *The Poisonwood Bible* by Barbara Kingsolver, and my teammate, [Randi Kiser](#), to keep me company and keep me laughing.

Copyright ©2021 Georgia Southern University Athletics

