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## Prep of the week: Anthony Perez

Staff Report  
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### MARIN CATHOLIC, SWIMMING, JUNIOR

What he did: Perez set career-best times in both the 200-yard individual medley and the 100 butterfly and won both events during Saturday's MCAL championships at College of Marin's Indian Valley campus. Perez won his favorite event, the 100 fly, by more than a second with his time of 53.64 seconds. His victory in the 200 IM (2:00.1) was much closer, just a split-second ahead of Drake's Jed Demoss. He also swam with the Wildcats' winning relay teams in the 200 medley and 400 free.



Anthony Perez, Marin Catholic, swimming

What he said: "I was confident in our relays and our whole team, but I was nervous about how I'd do in the individual events," Perez said about the MCAL meet. "I knew the team would compete well as a whole. I was nervous about the times I would go in the individual events. I wanted to place well and then do well at NCS. That's my goal as a junior. ... On a relay, it's more of a team competition, so you can feed off the other guys' energy. It's just more of a team thing. As an individual, you have to rely on yourself to get psyched up for the race."

What's next: The next stop for Perez is the North Coast Section meet in Concord. The trials are scheduled for Friday at the Concord Community Pool, with the finals on

Saturday. After the high school season is over, Perez will continue swimming competitively. He swims year-round with North Bay Aquatics and plans to compete in the Junior Nationals in August in Indianapolis.

Out of the pool: Keeping Perez out of the water seems to be an impossible task. Off and on for the past year, he's been learning to surf. "I want to do it more, and now that I have my

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Trivial matter: While he seems like a natural swimmer, Perez never expected to spend so much time in the pool, between competitions and morning and afternoon practices. He started swimming competitively at age 6, but the sport wasn't his first choice. "I always wanted to do soccer then. I was much more into soccer," Perez said. "If you had asked me eight years ago, I would not have expected to look back and be a swimmer." Now, Perez has hopes of swimming on the collegiate level.

Coach Gary Ross: "I think he surprised everyone with his time in the 200 IM. He just had a spectacular day at MCALs. I expect he'll do the same, if not better, for NCS. I expect big relay times out of him."

- Derek Wilson

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