

MVP Featured Athlete

**LAROSAS**  
**MVP.COM**



## Justin Grender

### St. Xavier High School



St. Xavier senior Justin Grender is a swimming All-American and a multiple Ohio state champion. He finishes his high school career with 12 Ohio state championships in individual and relay events plus over all team state titles.

This season, Justin helped the AquaBombers to a remarkable 10th straight Ohio state team championship, the 39th Ohio state swimming team title over all. Individually, he was Ohio state champ in the 100 backstroke (48.07) and state runner-up in the 50 freestyle (20.36). He was also a key member on the AquaBombers' 200 medley and 400 freestyle relay teams that won Ohio state championships.

Following his state championship performance, Justin was the individual champion in the 100 backstroke (47.73) and 50 freestyle (20.20) at the Southwest Ohio District championships. Both titles were district-record times.

His junior year, the AquaBombers were the top high school team in the nation. He was a key member in three Ohio state champion relay teams, all setting Ohio state records.

On a national level, Justin has competed in the USA Swimming Junior National Championships, and he holds multiple national age-group relay records. His club team is the Cincinnati Marlins.

Active in community service, Justin is a top student with a 4.0 GPA and he is an academic All-American. He will swim collegiately at the University of Virginia.

His favorite athlete is Russell Westbrook, favorite entertainer is Travis Scott, favorite book is *The Curious Incident of the Dog in the Night-Time*, favorite movie is *Guardians of the Galaxy* and most-like-to-meet is Morgan Freeman.



**NAME:** Justin Grender

**GRADUATING YEAR:** 2018

**SCHOOL:** Swimming

**GREATEST ACHIEVEMENT:**

Setting 3 state records in one meet

**HEIGHT/WEIGHT:** 6'2"-170 lbs.

**RESIDENCE:** Sharonville

**BIRTHDATE:** 4/1/2000

**PARENTS:** Andy & Julie

**FUTURE GOAL:** Represent U.S. at swimming competitions

"Justin Grender's versatility allows him to seek out and conquer challenges like few swimmers I have ever met. He is incredibly fun to coach!"

– Tim Beerman, Swim Coach

March 13, 2018