

MVP Featured Athlete

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Jake Foster Sycamore High School



Senior Jake Foster, a world-class swimmer and member of the USA Swimming National Junior Team, for the first time this year is swimming for Sycamore High School, and he's making the most of it. He has already set several school records this season.

This past weekend, Jake won four Ohio state swimming championships. Individually, he was state champ in the 100 breaststroke in 53:76 and the 200 IM in a state-record time of 1:43.99. His preliminary time of 53.53 in the 100 breaststroke was also a state record. He was also a member of two Ohio state champion relay teams – the 200 medley relay (state record 1:28.48) and 400 freestyle relay (2:59.97). He was Co-MVP of the state championship meet along with younger brother Carson, a Sycamore junior.

Jake, whose club team is the Mason Manta Rays, in December swimming at the Speedo Winter Junior Championships-East in Greensboro, North Carolina, was the meet's highest boys' point scorer. He was runner-up in the 200 breaststroke in 1:56.01 and 100 breaststroke in 53.20. He was runner-up in the 200 IM in 1:44.57 and the 400 IM in 3:43.64.

Last summer, as part of the Mason Manta Rays swim team, he competed in the USA Swimming Phillips 66 Junior National Championships in Irvine, California, and earned the right to be a member of Team USA competing in the Junior Pan Pacific Games in Fiji, where he brought home a silver medal in the 400-meter individual medley. Only 20 boys under age 18 qualified for Fiji and there are over 500,000 swimmers in that age group in the country.

Jake's younger brother Carson (Sycamore) and older sister Hannah (St. Ursula, University of Tennessee) are also elite swimmers. The siblings were recently featured on national TV in a five-minute segment on NBC's "The Champion Within."

A great student who is a Scholastic All-American and National Honor Society member, Jake was the #1 swimming recruit for the class of 2019 and has committed to swim collegiately next year at the University of Texas.

His favorite athlete is Olympic swimmer Brendan Hansen, favorite entertainer is the band Young The Giant, favorite book is Harry Potter and the Goblet of Fire, favorite movie is The Shawshank Redemption and most-like-to-meet is Michael Phelps.



NAME: Jake Foster

GRADUATING YEAR: 2019

SCHOOL: Sycamore High School

SPORT: Swimming

HEIGHT/WEIGHT: 6'1"-180 lbs.

RESIDENCE: Montgomery

BIRTHDATE: 10/31/2001

PARENTS: Jim & Michelle

INFLUENCE: "My mom & dad."

FUTURE GOAL: Continue to represent Team USA Internationally

"Jake is as humble in his swimming success as he is talented. Very respectful of his peers. The combination makes for an exceptional young man."

Dan Carl, Swimming Coach

February 26, 2019