

MVP Featured Athlete

LAROSAS
MVP.COM



Lainy Kruger

Notre Dame Academy



Notre Dame Academy senior Lainy Kruger is a six-time All-American swimmer, a three-time Kentucky state champion and holder of three school swimming records.

Lainy has won six regional championships in swimming events. In 2020, she was regional champion in the 200 IM (2:03.84) and the 100 breaststroke (1:04.08). In 2021, she won the regional championship in the 100 freestyle (50.27) and 100 breaststroke (1:02.15), setting regionals records in both events. In 2022, she was regional champion in the 200 freestyle (1:47.84, a regional record) and 100 breaststroke (1:02.25).

Lainy went on to win three Kentucky state swimming championships. In 2021, she was state champion in the 100 breaststroke (1:01.85), and In 2022, she was state champion while setting school records in the 200 freestyle (1:46.14) and 100 breaststroke (1:01.34).

She has won numerous honors for her accomplishments. During her sophomore and junior years, she was named Northern Kentucky Athletic Conference Div. I Most Outstanding Girls Swimmer. She was also named the 2022 KHSAA Student-Athlete of the Year. Three times she has been named Northern Kentucky Regional Swimming MVP and was named first-team all-state three straight years.

A National Honor Society student who is active in community service, Lainy, who enjoys scuba diving, traveling, and baking, also swims for the Northern Kentucky Clippers club team. She will swim collegiately at the University of Florida.

Her favorite athlete is Elizabeth Beisel, favorite entertainers are Taylor Swift and Pitbull, favorite book is The Hunger Games, favorite movie is Avengers Endgame and most-like-to-meet are Kevin Hart and Dwayne Johnson.



NAME: Lainy Kruger
GRADUATING YEAR: 2023
SCHOOL: Notre Dame Academy
SPORT: Swimming
HEIGHT: 5'10'- 155 lbs.
PARENTS: Nick & Teresa
ACHIEVEMENT: Participating in the 2021 Olympic Trials
GOAL: Win an SEC title and an NCAA team championship

"What distinguishes Lainy is her mental toughness and ability to perform at her best under pressure. She is a fierce competitor and the ultimate teammate."

- Jamie Kelly, Varsity Swim Coach

February 7, 2023