

1) Name: Anna Swisher Wright

2) New Trier sport(s): Field Hockey, Basketball, Track and Field

3) Suburb you lived in (when you went to New Trier): Kenilworth

4) What year did you graduate NT? 2001

5) Where do you live now? Jonesborough, TN, on a small farm and orchard

6) Who were your coaches? Steph Nykaza, Terri Rogers and Bob Spagnoli

7) HS sport accomplishments:

- State Champion (FH)
- Team captain (TF)
- School record holder in Shot and Discus at all levels (TF)
- All-State in Discus and Shot Put (TF)

8) Favorite high school *individual sports* memory:

State Track meet my Senior year where my hard work and the dedication of my coaches resulted in all-state performances. It was wonderful to share that with my teammates, family, and friends.

9) Favorite high school team memory: Traveling downstate with the Track team and coaches.

Who was your biggest team rival or individual rival in HS?

I don't really remember any one thrower. Track is a sport where you cheer for everyone and hope your best is better than others.

10) Favorite class and/or teacher at NT:

It's hard to pick just one as I feel very fortunate to have had a lot of really wonderful teachers in a lot of subjects who got me excited about all sorts of topics. I thought AP Psychology with Terri Rogers was great as was AP Great Books.

11) Where did you attend college? Williams College (Williamstown, MA)

12) Compare your HS sports experience to your college experience:

After a hand injury in Field Hockey my Freshman year at Williams, I focused only on Track. That was a big change from playing 3 sports. I had the chance to lift weights and really focus on

throwing all year. I loved everything about Track and was lucky to have great coaches and teammates.

13) College sport accomplishments:

- Multiple-time NCAA competitor in Shot Put and Discus
- All-New England in the Discus
- All-Conference in the Shot and Discus
- Current school record holder in the Discus throw,

14) Favorite college sports moments:

- Spring-break training trips with the Track team, where we could train, explore, eat together, and relax
- One of my teammates later became my husband (Trey Wright)

15) Area of study:

History and Psychology, though I should mention that I completed a Master's and Doctoral degree in Sport Physiology and Performance.

16) What do you do now?

I am the Sport Science and Coach Education Manager at USA Weightlifting, the national governing body for the sport of weightlifting. I live on my hobby farm, tucked in the Appalachian Mountains with my husband and young daughter, Diana. Prior to that, I was a Track coach (Maine South, University of Chicago, Western Colorado University), worked in strength and conditioning, and taught undergraduate and graduate-level courses in Exercise and Sport Science. Most recently, I worked for a Swedish company involved in weightlifting where I created and taught coach education courses all over the globe. It was wonderful to travel, learn, and meet great people. It set me up well to focus my efforts on helping develop coaches and play a small role in helping the amazing athletes on Team USA pursue medals in the Tokyo 2020 Olympic Games. I work with a phenomenal group of people. Coaching is a big responsibility, which is why I'm so grateful to all my coaches at New Trier for spending so much time helping me. Special thanks to Bob Spagnoli (Spags) who spent countless hours over the summer training me, many years of track practices and travel to meets. He is a great friend and was a great resource for me when I was a young track coach. I really respect his coaching philosophy and core values. I learned a lot from him and the way he carried himself.

17) What would you do differently if you could do it again?

I would have lifted weights starting Freshman year, which would have made me stronger, faster, and more powerful for all the sports I played. Lifting for the women's teams was virtually non-existent in a meaningful way, and it was not really socially acceptable for girls to be lifting.

Teams did mostly ab circuits and some medicine ball work. I'm delighted that Coach Davis has done such amazing work with strength training at New Trier.





