

1) Name: Riley Hayward

2) New Trier sport(s): Swimming

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

4) What year did you graduate NT? 2013

5) Where do you live now? Chicago

6) Who were your coaches?

Bruce Woodbury (Freshman-Junior year) and Mac Guy (Senior year)

7) HS sports accomplishments/awards/honors:

- 3-time Illinois State Champion for NTHS Swimming
- 4-time All-American
- Captain of NTHS Swim & Dive
- 2012 USA Olympic Trials Swimming qualifier

8) Favorite high school *individual* sports memory:

Breaking C. Gustavson's 100 breaststroke record my Senior year. It was the oldest record still standing on both the men's and women's NTHS record boards. Since walking on deck as a Freshman, that was my goal. I posted a 1:02.34 all over my room, assignment notebook, locker, mirror, everywhere I could put it to remind me of that record. Seeing my finals time on the scoreboard at state and finally beating that record made all the hard work pay off.

9) Favorite high school *team* memory:

Having both the girls and boys swimming & diving teams win state three years in a row (2010-2012) and singing "Party in the USA" with Coach B.

10) Who was your biggest team rival or individual rival in HS, and where did they go to school?

- Individual: Molly Coonce – Rosary High School & University of Wyoming; Paulina Kaminski – Fenwick High School & Yale University
- School: Fenwick

11) Favorite class and/or teacher at NT: Business classes with Ms. Duffy & Mr. Kansler

12) Where did you attend college: University of Southern California – Flight on!

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

Even though swimming is more of an individual sport, both my high school team at NTHS and USC were very team oriented. Yes, your times qualify you for the bigger meets, but you don't succeed individually without your team. I was lucky to have strong, supportive, and encouraging ladies on my team both in high school and college who helped mold me become the person I am today.

At USC, the entire athletic department was very supportive of the other teams. It was really special to be part of the 674 USC student-athletes as we all supported each other by going to each others' competitions.

14) College sports accomplishments:

- Four-year Division 1 collegiate athlete
- Individual NCAA qualifier 2017
- 2-time USA Olympic Trial qualifier for 2012 & 2016
- 2016 Pac-12 Champions
- Annenberg School for Communication and Journalism Dean's List recipient
- David X. Marks Foundation Scholarship Student-Athlete award receipt (athletes with a GPA over 3.5)
- Member of the Women of Troy – group to promote female athletics

15) Favorite college sports moments:

- Winning Pac-12s for the first time since 1975
- Final race at Pac-12s (or so I thought) when I qualified for NCAAs
- Going to Olympic trials in 2016 and watching my team members qualify for the team

16) Area of study: Communication

17) What do you do now?

I work at MKTG – a lifestyle brand, experiential marketing agency. Our team creates and produces events around the world for consumers to experience their brands and/or products. Currently, I work on the account team for our Biofreeze and Gatorade clients. Other MKTG clients include – Facebook, Beats, the Chicago Cubs, Nike, American Eagle and many more.

18) If you could go back in time and give yourself advice/wisdom as you are starting Freshman year at New Trier, what would that advice be?

You will have discouraging moments during school, your social life, and sports/swimming career. Make sure you don't let these moments set you back. Keep at it and know this is a part of the process and journey that will make you better and stronger on the other side. Surrounding yourself with supportive people that always have your back will ensure that moments of discouragement will turn positive.

Second, this may be cliché, but life is too short to not be living in the moment. If you are not happy, change it. Never settle for anything less because you do deserve the best.

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

If I had to do it all over again, I wish I knew to enjoy the moments in real time and not stress about all the little things. During season, it is hard to not always think ahead about your big meet or wishing the “hard” part of training was over. Life seriously goes by so fast that you have to learn to enjoy every second of it! I remember someone telling me my Freshman year at USC to enjoy every moment as the 4 years go by way too fast. And they are right! Enjoy the good, the bad, the fun, the struggles, the wins, the losses and most of all the lifelong friendships you develop along the way!

**PHOTOS:**



Riley Swimming at IL High School sections 2012



NTGS&D State Champions 2012



Class of 2013 Senior girls on college commitment day



Relay team 2011 – Jessie Sutherland, Samantha James, Riley Hayward, Taylor Patterson



Swimming for USC – 2016



The last few standing female swimming of USC's 2017 graduating class



2016 Pac-12 Champions: USC