

# “FIVE QUESTIONS WITH TOM MALCHOW ’95”

## **1. What was your most significant athletic moment at Saint Thomas Academy?**

My most significant athletic moment at Saint Thomas Academy was winning the 1995 State Swimming Championship. It was a meet that STA dominated from start to finish. Winning State was our team goal from the first day of the season and everyone put the team before personal interests to achieve that goal. It was that mindset from the first day of the season until the last swim at the State Meet that let us achieve our ultimate goal.

## **2. Who was the most influential person during your Academy days and how did he inspire you?**

The most influential people during my days at Saint Thomas Academy were those that came before me. The strong tradition of academics and athletics at the Academy required only that one need look to the class ahead of you for motivation and guidance on how to be the best. Every class had those individuals that set the bar of excellence high, and it was those that came before me that I tried to model myself after in the classroom, in the pool and in the challenges of life.

## **3. How did the Academy prepare you for your athletic success?**

The Academy prepared me for my athletic success by teaching me the value of hard work, of being prepared for each and every race, of praying to God for His help, of balance in and out of the pool, and the value of a strong team and support staff. Climbing to the top of any sport was not a sprint, but a marathon. It was that mindset and the lessons that I learned at Saint Thomas Academy that helped me to swim in three Olympics, win a gold medal, a silver medal, and set a world record. It was a long journey to the top, with many ups and downs, but the lessons and values that I learned at STA prepared me to deal with all the challenges along the path to the top of my sport.

## **4. What does the word “team” mean to you?**

To me the word “team” means that an individual puts his interests behind the collective good of the team. Swimming is traditionally looked at as an individual sport, but it is relay teams, people swimming events that they don’t like to score an extra point in a dual meet, and teammates running up and down the pool side cheering someone home in a close race that makes swimming a team sport. How well a team is able to achieve this criteria is what defines a good team from a great and dominant team.

## **5. What does it mean to you to be an Academy alumnus?**

Being an STA alumnus is a true honor. It puts you in an elite group of people that were able to meet the challenges the Academy put before you to see if you are worthy to stand on the steps of the Cathedral as a graduate of Saint Thomas Academy. It was the foundation upon which my academic, athletic, and career achievements were built. I owe so much to the Academy and will forever be grateful for the life lessons that it taught me.