

Coe swimmer got early start in pool

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Coe sophomore Kendall Bundy has been swimming since she was four years old. Her prowess in the pool has taken her all the way from Denver, Colo., to Cedar Rapids, where she's enjoying success with the Kohawks.

Bundy was recognized by the Iowa Conference as its swimmer of the week for the week of Nov. 5 in the 100-yard backstroke and for Coe's fifth-fastest time in the medley relay.

Bundy attributes the success to the way her team trains.

"The positive atmosphere that our team provides is a really good, fast swimming environment," she said. "Everybody is always behind each other. The coaches are positive and really help us stay positive and help us swim fast."

Bundy started swimming at the age of four because her parents wanted her to get used to the water and she swam all the way to college.

"That was always my dream to be a part of a college team and have a college team to support me," she said. "I've been swimming in club my whole life. It's really a different environment having a college team with me."

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Motivation is a big part of having a successful team.

“Everyone is really supportive of each other and everyone can see who's struggling and we'll get behind each other and really help us focus,” she remarked.

What motivates Bundy in particular are the crowd, the fans and the coaches who have been with the swimmers all season and know just how hard they have worked.

“It's been a great season so far and I'm excited to see what the rest of the season holds for us,” she said.