

# Amanda Palmer



**Top Events / Times**  
400 IM – 4:49.49  
200 Butterfly – 2:19.15  
200 IM – 2:17.12  
100 Breaststroke – 1:10.11

Full Name: Amanda Christine Palmer  
Birthday: January 18, 1988

**SOPHOMORE** from Exton, Pennsylvania  
Height: 5' 7"

Chose LHU because of the beautiful campus and swimming team.

Amanda is the Student Athlete Advisory Council representative this year.

## **Currently Hold Spots on the LHU All-Time Top 5 Performance List**

200 Butterfly (3<sup>rd</sup>)  
400 IM (3<sup>rd</sup>)

## **Career Description:**

**FRESHMAN** ... Dean's list spring 2007...PSAC scholar athlete award...PSAC qualifier...point scoring performance at PSAC's was 200 medley relay (8<sup>th</sup>)...top 3 individual performances on the season were 400 IM (2<sup>nd</sup>) @ Clarion Fall Classic, 200 IM (3<sup>rd</sup>) vs. Limestone, 200 IM (3<sup>rd</sup>) vs. East Stroudsburg, 100 butterfly (3<sup>rd</sup>) @ Mansfield, 200 IM (1<sup>st</sup>) vs. Juniata, 200 IM (2<sup>nd</sup>) @ California, 400 IM (3<sup>rd</sup>) vs. IUP.

**HIGH SCHOOL** ... graduated from Downingtown East High School where she was coached by Janet Bright...team captain as a senior...qualified twice for the district championships...received the most spirited award as a junior...also represented the Lionville YMCA coached by Dave Williams...YMCA record holder in the 400 IM...qualified for the YMCA National Championships 3 times.

## **Personal Background:**

Daughter of James and Stephanie Palmer...has two brothers, Nick (25), Steve (22) and one twin sister, Jessica (19)...majoring in Recreation Management...has one cat, Linus...chose LHU over Kutztown and Millersville.

## **Personality:**

Dream Job is to be a tour guide in the Australian outback.

3 words that best describe Amanda are (1) Hardworking (2) Determined (3) Easy-going

Hobby outside of swimming is shopping.

Lucky number is 7.

## **Favorite...**

Part about swimming is the sense of accomplishment after completing a "ridiculously" hard practice.

Holiday is Christmas.

Food is the Bloomin' Onion.

Ice Cream Flavor is Cake Batter.

TV Show is Full House and Boy Meets World.

Movie is Mean Girls.

Actor/Actress is Jennifer Garner.

Book is the Lovely Bones.

Magazine is Seventeen and Cosmopolitan.

Zoo Animal is the Elephant.

Cartoon Character is Strawberry Shortcake.

Color is Blue.