

# Shannon Samanka



## **Top Events / Times**

500 Freestyle – 5:44.49

200 IM – 2:24.63

1650 Freestyle – 19:59.95

Full Name: Shannon Marie Samanka

Birthday: March 3, 1987

**JUNIOR** from DuBois, Pennsylvania

Height: 5' 2"

Chose LHU because it was the perfect distance from home.

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

1650 freestyle (4<sup>th</sup>)

Shannon is a member of the Sports Administration Society at LHU.

## **Career Description:**

**SOPHOMORE** ... top 3 individual performances of the season were 400 IM (3<sup>rd</sup>), 500 freestyle (3<sup>rd</sup>) @ Mansfield, 200 IM (3<sup>rd</sup>) vs. Juniata, 500 freestyle (3<sup>rd</sup>) @ California, 500 freestyle (2<sup>nd</sup>) vs. IUP.

**FRESHMAN** ... team voted her the Cocoa Beach 2006 award winner...top 3 individual performances of the season were 200 IM (2<sup>nd</sup>) vs. Mansfield, 200 IM (2<sup>nd</sup>), 500 freestyle (1<sup>st</sup>) @ PSU-Altoona, 500 freestyle (3<sup>rd</sup>) vs. Millersville.

**HIGH SCHOOL** ... graduated from DuBois High School where she was coached by Paul Harris and Juliette Palette...as team captain as a senior...set school record as part of 400 freestyle relay...a 4 time district qualifier...was also a member of the Volleyball team...also represented the DuBois Dolphins YMCA coached by Bob Gressler.

## **Personal Background:**

Daughter of John and Pam Samanka...has two brothers, Jason (25) and Ryan (22)...majoring in Sports Administration...has one dog, Maddy, one cat, Chester and one fish, Frank the Tank.

## **Personality:**

Dream Job would involve working for a professional sporting team.

3 words Shannon uses to describe herself are (1) Loud (2) Happy (3) Up-Beat

Hobby outside of swimming is watching TV.

Lucky number is 7.

## **Favorite...**

Part about swimming are the drills and "jumping back" into swimming.

Holiday is Christmas.

Food is Pasta with Lots of Parmesan Cheese.

Ice Cream Flavor is Chocolate.

TV Show is Gilmore Girls.

Movie is How to Lose a Guy in 10 days.

Actor/Actress is Matthew McConaughey.

Book is The Last Summer (of you and me).

Magazine is Cosmo.

Zoo Animal are Turtles.

Cartoon Character is Odie.

Color is Green.