



My name is Miller Lisella , and I am a sophomore swimmer at Christian Brothers Academy. I have been swimming since I was six years old, and over the years, this sport has become a central part of my life. I compete primarily in the 200 and 500 freestyle, with current best times of 1:55.63 in the 200 and 5:09.69 in the 500. At Sectionals this year, I placed 13th in the 200 freestyle and 6th in the 500 freestyle. These results reflect the discipline, focus, and consistency I strive to bring to every practice and competition.

The 500 freestyle has taught me a great deal about mental toughness and resilience. The event requires athletes to push through discomfort while maintaining control for all twenty lengths.

The mindset developed through this event carries over into leadership. When I commit to a responsibility, I approach it with dedication and follow through with integrity.

Outside of swimming, I have been shaped by my relationship with my older brother Jack, who has special needs. Growing up with him has taught me patience, respect, and empathy for people with different experiences. This perspective has motivated me to complete over 35 hours of community service. I believe in giving back, and service has become a meaningful way for me to contribute to the well-being of others.

I am applying for Junior Athlete Rep because I want to help improve the meet experience for swimmers. One idea I would support is adjusting competition schedules based on age group. Currently, swimmers ages 13 to 18 often compete in earlier sessions, while younger swimmers ages 8 to 12 race later. Teenagers typically have later sleep cycles and may perform better with more rest, while younger athletes tend to wake up earlier. Adjusting the schedule could help athletes feel more prepared and focused, improving the overall quality of our meets.

In addition to my athletic experience, I take my academic responsibilities seriously. I have earned Brother's List status, which requires a GPA above 95 with no class grade below a 90. Balancing this with challenging courses such as AP World History and honors Chemistry has required discipline and time management. I apply the same work ethic to swimming as I do to my schoolwork. I am not only a motivated athlete, but also a dependable and thoughtful student. If selected, I will represent my fellow swimmers with integrity, respect, and a willingness to listen.

I am committed to supporting athletes both in and out of the water.