

A male triathlete wearing a grey cap and sunglasses is being interviewed by a female reporter. The background is a blue wall with repeating logos for the ITW World Triathlon Series. A semi-transparent text box is overlaid on the bottom half of the image.

OLYMPIC JOURNEY

INCLUDING TRAINING & MEDICAL CARE

At age 8, Tamara Gorman chasing Olympic dream

By Sean Welsh

Journal Sports Writer

Eight-year-old swimming sensation Tamara Gorman has been making quite a splash over the past few years.

"She was ranked first in the nation for the kids in her group age group," said Tamara's father, Jeff Gorman. "I think that's pretty special as an eight-year-old ... it's great."

Tamara got going in the sport thanks to some of her family members, as her father, Jeff, was a competitive swimmer throughout college and swam in the Big 10 Conference for the University of Minnesota. Her brother, 11-year-old Brian, has also swam competitively for a number of years.

"We just kind of always hung around motel pools and we all swam," Jeff commented. "My son (Brian) swam ... my wife (Kelly) learned along with (Tamara) how to swim. My wife loves sports."

"My wife likes to swim and I swam competitively in college, so it's kind of a family thing."

"(I started swimming) because of my brother," Tamara said. "He started when he was six (and) I had to watch him at the YMCA. And, all my friends were doing it. You get to travel all over the country, so I just started when I was four (years old)."

Currently, Tamara is a third grader at Canyon Lake Elementary school, where her mother is a first-grade teacher.

She swims for the Rapid City Racers and is coached by Laurie Miller.

Although swimming takes up much of her time, she still finds time for other things, such as one of her other favorite things to do: run.

"She'll find time to do other stuff," Jeff commented. "... basketball,



Tamara Gorman, 8-year-old Rapid City Racers swimmer, shows her medal from the Central Zone championships. Tamara has won more

cross country, track."

But, as all athletes know, the path to the top is not a breeze; it takes hard work and plenty of time in the pool.

"She practices 1½-hours in the mornings, five days a week," Jeff said. "They pretty much go to a meet every week — every two weeks in the winter on average."

"I think it's amazing," said Kelly of her daughter's swimming talents

and work ethic. "The biggest and neatest thing about Tamara is she truly, truly wants to get up every morning and go to practice. She likes to do it. She makes me get up and go when I don't want to go."

Gillette, Wyo., Lawrence, Kansas, and Denver, Colo., are just a few of the places that the Gorman family has visited on swimming expeditions in the past year. However, Tamara does not seem to mind all the travel,

than 500 ribbons, over 200 medals and more than two dozen trophies during her short swimming career.

"I get to travel and meet new people," she said.

Jeff said the travel is worth it, due to the better competition.

"(You have to travel) to get to the meets with better swimmers," Jeff said.

"Where there's more population, there are better swimmers."

So why exactly does Tamara put all this work in in the pool? Why does she get up every morning and

go to practice at 5:45 a.m.?

"I want to be an Olympic swimmer," she said. "I want to be like Michael Phelps."

Tamara's chances of achieving that goal look to be going quite smoothly so far. With her attitude and work ethic, anything could happen.

"(You have to) go to practice every day, work as hard as can and do what your coach says," she added.

**"THE
WORLD IS
AHEAD OF
YOU"**

RAPID CITY JOURNAL
Friday, January 28, 2005

Don Polovich/Journal staff





SWIM, BIKE, RUN

DISTANCES

- Sprint
- Olympic
- MTR





ITU
WORLD TRIATHLON
SERIES

2019 ON THE MAP

EDMONTON



MONTREAL



BERMUDA

LEEDS



HAMBURG



LAUSANNE
GRAND FINAL



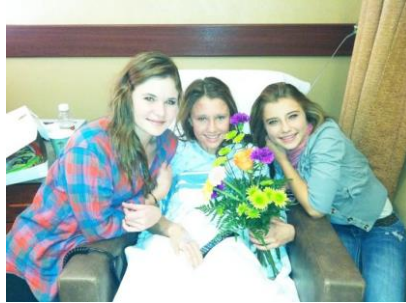
ABU DHABI

YOKOHAMA



ITU
WORLD TRIATHLON
SERIES

ABU DHABI	UNITED ARAB EMIRATES
ITU World Triathlon	MARCH 8-9
BERMUDA	BERMUDA
MS Amlin World Triathlon	APRIL 27-28
YOKOHAMA	JAPAN
ITU World Triathlon	MAY 18-19
LEEDS	GREAT BRITAIN
AJ Bell World Triathlon	JUNE 8-9
MONTREAL	CANADA
ITU World Triathlon	JUNE 29
HAMBURG	GERMANY
Hamburg Weser World Triathlon	JULY 6-7
EDMONTON	CANADA
ITU World Triathlon	JULY 20-21
LAUSANNE	SWITZERLAND
ITU World Triathlon Grand Final	AUG 25-SEP 1



**Surgery on Left Navicular
Foot Bone**

Nov 3



Surgery on Right Navicular Foot Bone

Aug 29



2011

2011

2012

2013

2014

2015

2015

Oct 21

Bronze @ Junior World Championships



Sep 12

Gold @ Junior World Championships



Sep 1

**College @ University of Minnesota DI
XC & Track**

Sep 18

Ninth @ Junior World Championships





Quit Triathlon
9/19/15



Severed IT Band
10/25/16



11/21/15
DI NCAA Cross Country Championships

5/15/16
Big Ten Track Champions



9/7/17
Gold @ U23 World Triathlon Championship



ITU Salinas World Cup Podium

Oct 29

ITU Chengdu World Cup Podium

May 6



ITU World Triathlon Mixed Relay TOKYO

Aug 18

2017

2017

2018

2019

2019



ITU Cape Town World Cup Podium

Sep 17

WTS Yokohama 9th

May 18

ITU Banyoles World Cup Podium

Sep 7



MINDSET

- See failures as keys to success
- Enjoy the process
 - Focused awareness
- Monkey mind
 - Restless, agitated, confused, hard to control
- Positivity
- Step by step
- Set mini goals

"Failures can be viewed as **steppingstones**,
to a better version of yourself."

TRUST

- Be vulnerable
- Courage
- Fearlessness
- Diligence
- Dive rather than jump
- Mind and body flow

”Don’t be afraid to **do something** that **scares you.**”

NUTRITION

- Fuel for workouts & recover afterward
- Whole Foods
 - Colorful fruits and veggies
 - Lean proteins
 - Whole grains
 - Healthy fats

"Good, Better, **Best.**"

COMEBACK STRONGER

- PHYSICAL THERAPY
 - Soft tissue
 - Graston
 - Dry Needling
 - E-stim
- Injury prevention
 - Alter G Treadmill
 - Strength Training



“This is a mindset. **Never give up.**”

HIGH PERFORMANCE TRAINING

- Periodization
 - Create a plan
 - Set goals
 - Train hard
 - Recover

“You will achieve big things when you are **all in** on it.”



SPORTS

SATURDAY, APRIL 25, 2020 | rapidcityjournal.com | SECTION D

TRIATHLON



TRIATHLON LIVE.TV
TOMMY ZAFERES / ITU MEDIA

ITU MEDIA PHOTO BY TOMMY ZAFERES

Rapid City's Tamara Gorman, front, is shown chasing out of transition 1 at the 2019 WTS Grand Final in Lausanne, Switzerland.

CHASING OLYMPIC DREAMS

Former Stevens star Tamara Gorman closing in on making U.S. triathlon Olympic team

RICHARD ANDERSON
Journal staff

Former Rapid City Stevens standout Tamara Gorman has the Olympic games in her sight, regardless of if it is in 2021 or 2024 and beyond.

Ranked fourth in the women's triathlon in the United States and 21st in the world, the recent cancellation of the 2020 Olympic Games in Tokyo now gives Gorman a little more time to fulfill her dream of representing the

United States in the aforementioned Tokyo Games, now scheduled for 2021.

Gorman had a screw removed from her foot in early February from a surgery when she was a sophomore in high school. After a small recovery period, she was ready to compete



Gorman

Please see GORMAN, Page D4

Tamara Gorman Career Highlights

2019

- ITU Triathlon World Cup Banyoles silver medalist
- ITU U23-Junior Mixed Relay World Championships bronze medalist
- ITU Triathlon World Cup Karlovy Vary silver medalist
- ITU World Triathlon Mixed Relay Series Tokyo bronze medalist
- ITU Triathlon World Cup Cape Town bronze medalist

2018

- ITU Triathlon World Cup Chengdu silver medalist

2017

- ITU U23 World Champion
- Salinas ITU Triathlon World Cup silver medalist
- USA Triathlon U23 National Championships silver medalist

2014

- USA Triathlon Junior National Champion

2013

- ITU Junior World Champion
- USA Triathlon Junior National Champion

2012

- ITU Junior World Championships bronze medalist
- Three-time ITU Continental Cup (PATCO, CAMTRI) medalist

■ **Coming Up:** Editor's Note: This is the first of two features of Rapid City world-class triathletes that are chasing their Olympic dreams. Featured today is Rapid City Stevens graduate Tamara Gorman, who is rated fourth in the United States, while coming up early next week will be a feature on former Rapid City Central standout Tony Smoragiewicz, who is ranked 12th in the United States.

2020ONE



“Think big! I can and I will because I believe in me.”