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## Heroes of the Day

**2017.07.23. 22:00 CET**

*Sun Yang, a really happy and communicative world champion shared his thoughts with the journalists, right after him, members of the 4x100m freestyle relay world champion US teams.*

FINA "Heroes of the Day" press conference with Sun Yang

The first FINA "Hero of the Day" was the world class Chinese swimmer, Sun Yang. It was a great competition for him, he also told that he is now an experienced competitor with his 25 years, there are a lot of young talents, who want to beat him in the pool. He always develops himself, he thinks it is really important to be better and better, because of the others and because of his attitude regarding competition. He also mentioned that of course sometimes it hurts, it is hard to train and compete, but he tries to do his best on those days also because that is a life of a professional swimmer.



Fina “Heroes of the Day” press conference with Nathan Adrian and Mallory Comerford

First, Nathan Adrian arrived at the press conference room with his dinner, he seemed very happy and balanced. During the first question, he was laughing when the moderator mentioned that he can be the new Phelps of the US team. Adrian answered that it is always a big honour to represent his country, but after Phelps and Lochte there are new joiners from the new generation, they have a young team, but a very talented one. He mentioned that they have to fight every time, they have to do excellent swim to be and remain on the top. It is a new team, it is always hard to build a new one, because there is a big competition to get into it, but also this is the key, the competition, that is why team USA is so good. He was asked about his teammate, Caeleb, and Adrian answered that Caeleb is very talented, the limit for him is only the sky. The team captain has told the journalists that training camp was really good for them, there were not huge egos there, there were daily interactions with the others and they enjoyed their time with training and relax.



After Nathan Adrian left the press conference room, a couple of minutes later another world champion, Mallory Comerford arrived at the talk with the journalists. Mallory has the fifth best time regarding her 100m swim of all time. She also mentioned, like Nathan did, that it is always a big honour to represent the USA at the swimming pool, especially at her first world championship. She is very excited about it, it will be a good experience for her and a great competition. She was asked about Katie Ledecky, she answered that it is amazing to have a so talented teammate, be with her at the pool, is really awesome for them. It was a good feeling for her, that the coach trusted her to be a part of this team in the final. She also mentioned that she can learn a lot from the big rival, Sarah Sjöström. She continues to develop herself to be faster and better in the future because it is a really big privilege to be here at the World Championships and compete with the bests.