

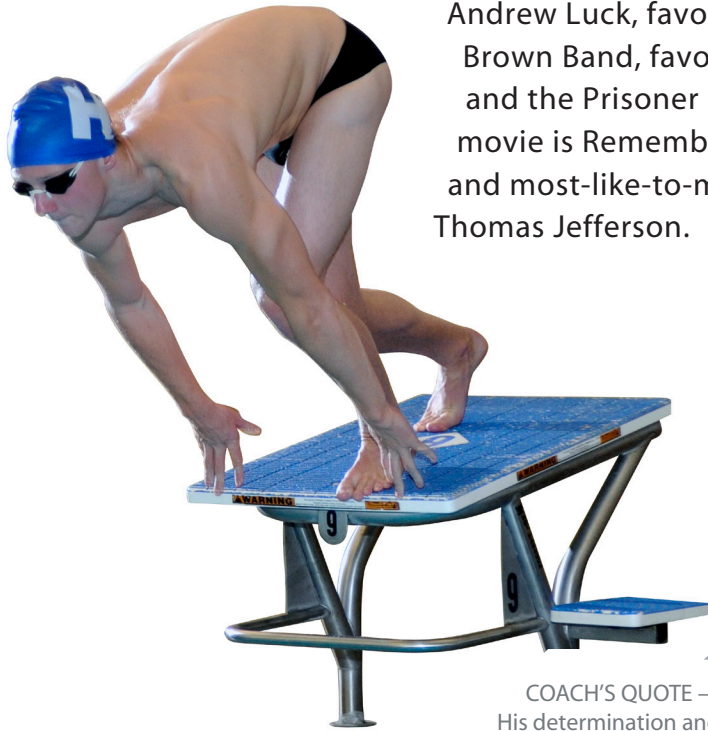
Conner Downard

Highlands High School

Senior Conner Downard is a swimming All-American and the defending NKAC champion in the 100 backstroke and 200 freestyle, and the reigning Kentucky state champion in the 500 freestyle, which he swam in a school-record 4:32.06. He also placed 4th at state in the 200 freestyle. Swimming varsity for 7 years, Conner has earned many honors, including last season when he was named 1st team all-NKY, 1st team all-region and 1st team all-state. He was also awarded with a Wendy's Heisman Award. Active in community service, Conner during the summer swims for the Northern Kentucky Clippers. He is a tremendous student, a USA swimming Academic All-American and a member of

Cum Laude Society and National Honor Society. His favorite athlete is

Andrew Luck, favorite entertainer is Zac Brown Band, favorite book is Harry Potter and the Prisoner of Azkaban, favorite movie is Remember the Titans and most-like-to-meet is Thomas Jefferson.



Conner Downard

Highlands High School

SPORT(S): Swimming
GRADUATING YEAR: 2012
GREATEST ACHIEVEMENT: Won State champion in 500 freestyle
BIRTHDATE: 3-16-94
HEIGHT/WEIGHT: 5'10"-155 lbs.
RESIDENCE: Fort Thomas, Ky
PARENTS: Tim & Betsy
FUTURE GOAL: Break the state record in the 500 freestyle

COACH'S QUOTE - "Conner is a very self-motivated student-athlete who has achieved success as a result of his strong work ethic and dedication. His determination and competitiveness has made him a natural leader and role model for our team." - Amanda Johnson, Swimming Coach

January 24, 2012