

SWIM, SURF & WELLNESS CLUB

KEN KRUEGER

RIGHT IN OUR OWN CLUB WE HAVE A "NATIONAL CHAMPION" AND "ALL-AMERICAN SWIMMER,
MASTERS NATIONAL AND "WORLD RECORD HOLDER!"

KEN HAS BEEN HONORED MANY TIMES FOR HIS ACCOMPLISHMENTS. HE SWAM FOR USC, WAS A
THREE TIME ALL AMERICAN AND NCAA AND LATER MANY TIMES MASTERS NATIONAL CHAMPION.

HE WORKED WITH INTERNATIONAL OLYMPIANS FROM 1968 TO 2000 AND HE HAS
VOLUNTEERED TO COACH US, FOR FREE!



S P O T L I G H T

Getting to Know Him

Jobs:

Ken has had very diverse occupations, from a History and English teacher in secondary schools to a Nutrition and Exercise expert at Mount San Antonio College. He has worked with everyone from Seniors to anorexic or obese Housewives, to Olympic Champions. He worked with international Olympians in many sports from 1968- 2000.

"I never passed beginning swimming because I could not float!"

Interesting places to live:

Ken had the pleasure of living in Lausanne, Switzerland from 1972-3. He has been blessed with great travels in 78 countries and 49 states. "Thank God we went to Israel in a peaceful time! We lived in Malibu, California for 20 years and our wonderful OHCC for 5 years."

Family:

My first marriage blessed me with four boys and two grand children (only one boy is married yet) who are a joy in many ways.

My second marriage gave me my soulmate, Patricia Honey, and 14 wonderful grand kids from four incredible kids. What a miracle. I was blessed to have been around for all of their births.



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A native, born in Los Angeles in 1946 and raised in San Fernando, attended Bishop Alemany High School. After one year of AAU swimming he placed third and fifth in CIF Championship .

Graduated from USC with many impressive majors.

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Motto: Accentuate the Positive!

Favorite activity to stay in shape?

I still swim, cycle, yoga, etc.” I do not mind getting older. I just do not want to get old.” We love to read, tent camp with family and go to grand kids sports & recitals.

Favorite Songs:

The Impossible Dream, Smoke Gets in Your Eyes, Be My Love, More, Because of You, etc.

Favorite Memories:

Some memories of High School: wonderful classmate-friends, helping build the track and football stadium, high jumping my height (6 ft.1 in.), reading the Aeneid in Latin, Father Donovan's literature class, and the Prom.

Some memories of college: great friends, winning NCAA Championships, took the first Oceanography class at USC, Dr. Barry's ancient cultures classes and my Romantic Poetry class with Dr. O'Day.

I felt so honored to interview such an interesting person. His life is so intriguing. I am grateful he was suggested for Spotlight.

If you have someone from our club you would like to see spotlighted please call:

Layne Strelic 619-778-3433

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