

## Ian Ford will swim at South Dakota

Written by Jim Ecker

Wednesday, 09 November 2011 20:11 - Last Updated Wednesday, 09 November 2011 20:19

---



Cedar Rapids Washington senior Ian Ford participated in lots of sports when he was younger.

"I was kind of a multi-sport kid," he said Wednesday. "I played soccer, lacrosse, basketball, baseball, swimming."

This was on the East Coast, where he grew up.

"When I got around age 9, I knew swimming was really where my heart was," he said. "I begged my mom to put me on a year-round team, and from that point on it's been swimming ever since."

It paid off.

Ford signed a national letter-of-intent Wednesday to swim at the University of South Dakota once he finishes his all-state career with the Warriors.

The Ford family - Nick, Karin and their two sons, Ian and Eric - moved to Iowa from Virginia prior to Ian's freshman year at Washington. Nick Ford is from Cedar Rapids and had been serving on the East Coast in the navy.

Washington Coach Chris Cruise took one look at Ford four years ago and liked what he saw. "We knew he was destined for greatness," Cruise said. "He has far exceeded what we had in mind the first time we saw him in the pool."

## Ian Ford will swim at South Dakota

Written by Jim Ecker

Wednesday, 09 November 2011 20:11 - Last Updated Wednesday, 09 November 2011 20:19

---

Ford helped Washington win the state title in the 200 medley relay and earn All-American honors when he was a freshman, then he placed second in the 100 backstroke and medley relay as a sophomore.

Ford helped the Warriors take second in the medley relay again last year, finished fourth in the 100 backstroke and placed seventh in the 200 individual medley. He did all that after recovering from a dislocated shoulder, suffered at the end of his sophomore year.

"I had a pretty good meet my junior year, and I'm looking forward to a great meet my senior year," he said. "I'd really like to win a state title this year and gain individual All-American status. I also want to help my team."

Washington has won 48 straight district titles and Ford would like to make it 49 before he graduates. He'd also like to see the Warriors nab the state team championship, if possible.

Ford said he plans to concentrate on the backstroke, 200 IM and relays this year, but might switch to the breaststroke at some point. South Dakota might use him in the backstroke, individual medley, medley relay, breaststroke, sprints and sprint relays.

"Pretty much everything. Everything but distances," he said.

Ford grew six inches between his freshman and sophomore years and now stands 6-foot-4 1/2. "Pushing 6-5," he said. He weighs about 190 pounds on a slender frame, and South Dakota would like to see him reach 210 or 215 at some point.

Ford originally wasn't interested in South Dakota, but his father convinced him to take a look. "It was definitely not what I expected going in," he said. "I fell in love with it."