

From the Christiansburg Aquatic Center to the Olympic pool at the 2028 games in Los Angeles, Trent Hollandsworth's journey will take him through Lynchburg, Blacksburg, and San Diego, among countless other towns and pools along the way.

Granted, the Olympics are a goal, but swimming for Team USA is a reasonable goal and not a lofty pipe dream for the young man who is now a senior at Radford High School.

As he has made waves in the sport of swimming, Trent counts at least five trips to Lynchburg and the Commonwealth Games as primers in his standout career as a scholastic and club swimmer.

As Hollandsworth commences his senior season, he is already a Virginia High School League state champion six times over, winning one team championship and five titles as an individual – three times the winner of the 200m individual medley and twice the champion in the 100m breaststroke.

Breast is Trent's primary stroke. He is fast enough that he beat Olympian Thomas Heilman, the top swimming recruit in the U.S. in their Commonwealth Games meeting in the breaststroke.

Hollandsworth started swimming at age 8 and was clearly a natural. By the time he was 10 he was qualifying for zones – the regional meets put on by USA Swimming. His first Commonwealth Games came at age 11 and he loved everything about the meet. It was when Trent was 14, the top of his age bracket, that he won the majority of his 15 Commonwealth Games medals.

“The Commonwealth Games are a fun time,” Hollandsworth said. “Those huge, chunky medals are what everyone wants.”

In recent years, the Games fell into the calendar at a perfect time.

“As we are in the senior group, the older high school swimmers, my club team goes on a training trip at the beach, and it is intense. After that we go to the Commonwealth Games and have fun. It is a great meet and I have fond memories.”

Swimming in the pools of Virginia -- the Games in Lynchburg, the aquatic center in Christiansburg or the pool at Virginia Tech as he trains for Radford High School or for his club, the H2Okies -- will come to an end soon. Next summer Hollandsworth will head across the country to join the varsity program at University of California San Diego. The Tritons won a recruiting war that came down to UCSD and Columbia University. As recruiting visits piled up, including trips to prestigious schools, the combination of swimming and stellar academics, plus San Diego's amazing climate and beauty, gave the Southern California city the edge.

A Governor's School student on track to be his class valedictorian with a perfect 4.0 grade point average, Hollandsworth has his sights set on medical school. In the meantime, there is the matter of working toward a spot on Team USA. That is the loftiest of goals in a sport as rigorous as swimming, but Trent has achieved every goal he has set so far. If he is in the pool for the next Olympics, the people who competed with him in five Commonwealth Games will know they were part of the emergence of greatness.