

Talking with Keeth Smart

Contributed by Craig Harkins
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Keeth Smart was the first US fencer to achieve a #1 world ranking and led the US team to a 4th place finish at the 2004 Olympic Games. After some time off (to get married), Keeth is back in the rotation for the US team as they march forward on their quest for Olympic qualification.

Serge Timacheff catches up with Keeth to talk about the US team, the world cup circuit, the upcoming nationals and insights into his training schedule and techniques.

{audio}<http://www.fencing.net/podcast/ksmart-vegas3.mp3>{/audio}