

From sea to ice: First Mexican woman to obtain Ice Triple Crown



Anna Zuccolotto, a Tec graduate of the León campus, is the first Mexican woman to obtain the ice swimming Triple Crown.

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COURTESY OF THE INTERVIEWEE

“When you find something you like and are good at it, you’re already on the way to success,” said Anna Valeria Zuccolotto Soto, a graduate of the finance degree program at the [Tec campus in León](#).

Anna is the **first Mexican woman** to obtain the **Ice Triple Crown**, becoming one of only **18 people in the world** who have been ratified by the International Ice Swimming Association (**IISA**) to hold this title.

She took up **sport** during her student years and, after a period of focusing on her professional life, she realized how much **she enjoyed** it.

After training in various disciplines, she found her true passion swimming in **icy waters**, where the temperature does not go above 5° C.

“Life gives you things that you discover you like, that you are passionate about, and which you have the skills to accomplish.” - Anna Valeria Zuccolotto

The Triple Crown

The Triple Crown of **ice** swimming consists of swimming one mile in the Northern Hemisphere, another mile in the Southern Hemisphere, and a further one kilometer in an official competition.

Her first crown came by swimming one kilometer at the **national championships** in a pool in Chantilly, Virginia.

The second crown was obtained in Boston, where due to a measurement error, she ended up swimming **for longer than expected**.

Her recovery took longer than on other occasions. Although she understood the **risks**, she was more worried about going beyond her capabilities.

After much thought, she decided to search for the place where she would obtain her **third crown**: Argentina. The experience of obtaining this crown left her very **happy and satisfied** with what she had achieved.

As a result of this achievement, Anna joined a group of just **18 people** in the world who hold this title and is the **first Mexican woman** to do.



Anna, the first Mexican woman to obtain the ice swimming Triple Crown.
Photo: Courtesy of the interviewee

Discovering her passion

Anna first competed in a **triathlon** in the summer of 2015, while she was pursuing her master's degree in Boston. She explained that it was a wonderful experience, but that she enjoyed **swimming** more.

Due to an infection that required medical intervention, she came to understand how **important** sport was for maintaining her physical and mental health, and she promised to never stop doing it.

So, Anna started participating in **open water** swimming competitively and swam 35 kilometers solo, but then discovered that she liked **even colder** waters.

Shortly afterwards, she learned about an **ice swimming** competition. Even though she had never swum at those temperatures, she decided to compete.

“Life gives you things that you discover you like, that you are passionate about, and which you have the skills to accomplish,” said Anna.



Anna swimming in icy water. Photos: Courtesy of the interviewee

Future plans

Anna has been selected to represent Mexico at the **IISA 6th Ice Swimming World Championship**, which will take place in Molveno, Italy, and took one of the five available spaces.

In addition, she has already defined the next challenge she wishes to accomplish: **the 7 miles**. This challenge consists of swimming a mile on **each continent**.

Anna not only wants to accomplish this challenge, but she also wants to share all the **experiences** she acquires, including her skills and her adaptation to life in each country she visits, on the way to achieving this goal.

"I want to be part of something that is new to me and to the world," she concluded.

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