

**Name: Alden Bauman**

**High School:** Broadneck High School

**Years on SPY:** 12 years

**College attending in Fall 2014:** Loyola University of Maryland



**Hobbies when not swimming:** Honestly I really do not do much when I'm not swimming, as my life basically revolves around the pool and my friends from SPY. I spend a lot of time studying and working hard in school, which I'm sure everyone on SPY would attest to... I also hang out with my good friends from school as much as I can, go to dinners and shopping with Katie, train open water and compete in the 4.4 mile Chesapeake Bay Swim, spend time with my family and siblings, reading (when I can find the time), watch a lot of entertaining reality television, and winning the ESPL Championship in 2012... and also, in 2013... with Chase Creek Swim Team.

**Most memorable swim:** My most memorable swim of my life, which still to this day gives me butterflies, was at the 2013 Maryland State Championships. I had had a disappointment the year before by missing the 200 fly SCYN-cut by exactly one-second, so I worked endlessly to improve my swimming and finally accomplish a goal that was two years in the making. On the first morning of states, I swam the 100 fly and 400 IM in prelims. In the 400 IM, I had no expectations of *ever* getting the Y-nats cut. I touched the wall and have never been more shocked in my entire life. I had just made my first Y-National Short Course cut in not even what I considered my best event and had made it *exactly* on the qualifying time. Later that night, I was seated 1<sup>st</sup> in the B-final for 400 IM. That 400 IM was the best race of my life, as I swam the entire race leading the heat and ultimately winning the heat by 8 seconds. It was the best feeling of my life to be ahead by that much in one race and drop 14 seconds from the time I came into the meet with. It was an indescribable feeling of accomplishment and pure exhilaration that I will never forget. That same weekend, I later went on to get the 500 free and 200 fly SCYN-cuts, and a total of 8 best times. It was easily the best weekend of my entire swimming career, thus far.

**Most memorable/funny moment:** If I would have to pick out a few funny things, I would have to say... easily LCYN 2012 on the last night, the infamous SPY beach trip, when Katie kicked Jack in the butt at Districts warm-up and completely slipped and fell on *her* butt, and when Kevin attacked Jim at practice. But the most memorable thing about being on SPY is that I made truly life-long friendships that will stay with me the rest of my life. I can honestly say that most days, minus the few exceptions, I thoroughly enjoyed and looked forward to practice because not only do I genuinely like practicing (weird, right?), but that I was going spend time with my best friends who understood and encouraged the biggest part of my life: swimming.

**Best Event:** 200 fly and 400 IM. Although my favorite event to compete in is 500 free.

**Favorite Set:** I love pretty much anything freestyle, especially 100s and 200s on a fast interval that I'm challenging myself to make. Also, I love freestyle-pull sets.

**Least Favorite Set:** 15x200 fly with Richard.

**Pre-swim rituals:** I have learned over the years that I swim best when I am calm, confident, and focused on swimming fast. I think all my coaches can agree that it took me many years to learn this habit after the many panic attacks, crying episodes, and making myself sick (literally...) during my younger years. So as I've grown up, I like to get behind the blocks a little early, listen to some music, and focus only on me knowing I can do it. I've learned to swim my fastest when I am confident that my body will know how to perform when I enter the pool.

**Favorite meal before a meet:** My mom's spaghetti and garlic bread, and Cesar salad.

**Advice for next years graduating class:** If you aren't fully committed to and absolutely love swimming and practicing, find something else that satisfies you. Come to practice with goals in mind every day, and work as hard as you ever thought possible. All the hard work and determination you put in will eventually come back to you and make you a more successful person in later in life. SPY has been a major chapter in my life and where I've met some of the most important people I will ever know. Enjoy every day that you come to practice and value the people you have met here because every lesson and person that has impacted your life will prepare you for everything you will do after your years at SPY.