



Name: Ben Sames

High School: Broadneck High School

Years on SPY: 4

College attending in the fall: Undecided

Hobbies when I'm not swimming:

Considering I spend a third of my day at the community center, it's hard to find time to do anything else. When I'm not swimming, I'm usually hanging out with my friends both from SPY and Broadneck. I am always finding time to catch up on sleep, preferably in the form of epic hour-long naps. After 8:00, I'm usually doing homework, or helping other people with their homework *cough* Megan. I like to catch up on current events and read up on history and politics. And of course, I love eating, especially breakfast.

Most Memorable Swim: Gosh, it seems like every swim is a memorable swim, each for different reasons. My favorite was from districts 2 years ago. Ryan Akhavan was counting for my 500 free, and after the first 50 yards I noticed something sinking to the bottom. It was Ryan's phone. Little did I know he was going to jump in and get it causing me to get DQ'd. Fortunately, Richard screamed from across the pool and he did not jump in. Another one of my favorites was when I did my first ever 200 fly not knowing how painful it was going to be. As a naïve little freshman I had no clue how bad it was, and I got the infamous 'pity clap' after I finished which is always nice. Oh! And the swim where I qualified for Raleigh of course, but I don't feel like droning on about determination, perseverance, and all that jazz.

Most Memorable/Funny Moment: There never is a dull moment being on SPY. It's mostly the little things that everyone does that I'll really miss. Ryan and I's rides to school were always interesting and thought provoking (and the Triscuits don't get me started). I loved humming the national anthem at every meet

with the boys because nothing says patriotism like a bunch of boys in speedos trying to hit the high notes. Megan's 'Broadneck Slang' which was actually her just making up words...so extra, she was totally maxing. When all of the SPY boys from my junior year decided to make the transition from jammers to speedos which was truly a spectacle to behold. The day I brought a plaque to practice that said 'NHS member of the month' which I always get made fun of for (jokes on them, I'm gonna be president). Lane 6 from my sophomore year was certainly something to remember. James and I's continuous rivalry in the 500 free (watch out at regionals). The spy guys' adventures in DTA and the events that shortly followed. Pilates. And of course, all of the team dinners/brunches are certainly memorable. Every early morning, every long afternoon, and every late night I will always cherish being a part of SPY.

Favorite Event: 200 free or 500 free

Favorite Set: Call me a masochist, but I actually enjoy the majority of Richard's painful IM and distance free practices. I feel really satisfied at the end, and then going to Einsteins/Donut Shack afterwards is even more satisfying. And as much as I complain about them, I actually enjoy the 20x50s set during morning practice.

Least Favorite Set: You know, I always thought I would put one of Richard's sets for this section of my senior bio, but Crystee is going to take his spot here (sorry, not sorry). Fridays are interesting with Crystee. One day, she wrote 31x200 on the board and I almost cried. I was in denial for the first 10x200s, but then once we passed that I just accepted my fate. Too much fly Crystee, too much fly.

Pre-Swim Rituals: I listen to music, nothing in particular. I usually say something to the effect of, "wow, I really don't want to do this" and then I walk up behind the blocks. I don't like talking to people before my races because I think it's distracting. I do all sorts of fun and obscure stretches that make my

competitors uncomfortable (it's true). I jump up and down a lot and try to loosen up any muscles that may be tight. Then I take a deep breath, and away we go!

Favorite Meal before a Meet: Like most swimmers, I usually eat a pasta dish of some sort.

Advice for Next Year's Graduating Class: Oh, gosh they can't be graduating yet...this is making me sad. My advice...breathe. Life gets really hard sometimes and you'll feel like the world is going to cave in, but trust me, it always gets better. Senior year is fun, but also the most challenging. Make sure you use your time efficiently to plan out the best possible options for your future. Don't do anything stupid that will get you into trouble, and if you do just be smart about it. Never let anyone tell you that you can't achieve the goals you set. The one who falls and gets up is so much stronger than the one who never fell. Smile often. Spend time with your friends and family because eventually you'll be doing the same things all of us are doing. The work you put in today will affect how good/bad you do in the future; make sure you're working hard. And lastly, have fun and don't wish your time away. You may anticipate tomorrow, but don't forget to cherish today.

Quote: "Accomplishment will prove to be a journey, not a destination" – Dwight D. Eisenhower