



BRENDAN JONES

High School: Severna Park High School

Years on SPY: 10

College attending in Fall 2016: Washington College

Hobbies when not swimming: When I'm not swimming I'm usually playing video games, reading, hanging out with friends, or playing pool.

Most memorable swim: My most memorable swim was at a Long Course meet in 2013. I was swimming the 200 Butterfly, and I finished the race with a 2:24.18 and beat Sam by more than 10 seconds. When I got out of the pool and walked over to the coaches Alden and Katie Parker were standing next to Crystee and they were all congratulating me. Apparently I had gone the exact LC Y Nationals cut without even knowing what it was. However Crystee neglected to write down my time so she wasn't entirely sure if I made the cut. So I went over and talked to the people at the computers and they said I had finished with a time which was a few hundredths above the cut, and I was a little upset since I had come so close to getting the cut. However, when the results came out, Doug Kogut went and checked them, and he came back and told me I had made the cut.

Most memorable/funny moment: Districts 2016 was definitely my best and most memorable meet. I dropped 3 seconds in 100 breaststroke to get my first SCYN cut, then got the 200 butterfly cut and the 400 IM cut later that day. I also dropped time in all my events, and my college coach was at the meet to see me swim. My ongoing rivalry with Ryan Akhavan and Richie Kogut in the 100 fly and winning Spyopoly my junior year are very memorable. And I will always remember my time swimming in the best lane, lane 3, with Sam Fuller, Richie Kogut, and Richie Baker.

Best Event: 200 Butterfly

Favorite Set: Sprint or Make-It 200IM/400IM

Least Favorite Set: Short distance sprinting

Pre-swim rituals: Go behind my lane and do minimal amounts of stretching.

Favorite meal before a meet: Sausage and Egg McMuffin from McDonalds. I also try to drink a cup of coffee before every meet.

Advice for next years graduating class: "My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose - somehow we win out." Ronald Reagan