



**Name:** Caelan Troy 🏊🔥🔥🔥

**High School:** Severna Park High School

**Hobbies When I'm Not Swimming:** When I'm not in the pool or at school, I spend most of my time eating and sleeping. In the rare occurrence that I'm not doing one of those four things, I love spending time with good friends, playing the guitar, and watching Netflix.

**Most Memorable Swims:**

1. Anyone who has been a SPY since last year can probably remember the struggle that I had with 52.00. At Capital Classic 2015, I went in with one main goal: Go at least a 51.99 in the 100 free. Everything went well on the days preceding my 100 free so I had reason to believe that I would be able to achieve my goal. When the time came that I had to get ready for the race, I did my usual pre-race rituals and was ready to get that 51.99. The race felt amazing I hit my start and all my walls perfectly so when I hit the wall I expected to look up and see a 51, but what did I see? 52.00. One one-hundredth of a second off my goal. That one one-hundredth of a second wasn't just any hundredth of a second, it was the one separating a whole second from the next, so it hurt especially bad. That same day I was swimming a leg of the 400 Free relay so I had another shot to get my goal. When the coaches got to my split in the relay and said 52.00 again I just about lost it. One one-hundredth off twice in the same day (It's a happy ending though because I broke 52 later that season).
2. As you probably know, Winterfest is a pretty big and fast meet. This year, Ian, Reid, Me and Richie were entered as SPY's A 200 Free relay. Because we were seated 7<sup>th</sup> and in lane 1, we weren't expecting to place well and our only goal was to get the nationals cut, which we had to drop 2 seconds to get. Our relay ended up not only smashing the cut by over a second, but we were a prime example of the term "Outside Smoke" as we ended up getting 1<sup>st</sup> place by over half a second. I swear if there was a picture of our relay as Richie hit the wall we looked just like that iconic Michael Phelps 2008 Olympics photo.

**Most Memorable Moments:** This is probably a cliché thing to say, but there are far too many good moments that I had throughout the last three years to write in this short bio. Some of my favorite times include spending \$1000 at Einstein's between practice and school, hotel meets (remember the roller incident?), carpools to practice meets and schools, Richard remembering his frog at 2015 States, hanging out with the boys, specifically taking on food challenges i.e. the 6-pound C&R's milk shake and going to abandoned insane asylums in the middle of the night. I also really enjoyed the volunteering opportunities I got through SPY such as timing swim meets, Relay for Life, and working Iron Mans. Basically, there isn't

anything I would have wanted to do any differently; SPY was one of the greatest parts of my childhood TBH.

**Favorite Event:** 100 Fly/Breast and 50 Free

**Favorite Set:** Anything with paddles, the more yardage the better.

**Least Favorite Set:** Any kick set whatsoever.

**Pre-Swim Rituals:** Ever since Capital Classic this year, if I want to have a good swim, I must have my Dory towel with me behind the block (thanks Izzy), even though it's probably for three-year-old's. Other than my towel, I have a top-secret pre-race playlist on my phone that I jam out and stretch to.

**Favorite Meal Before a Meet:** Before meets, I love to carbo-load. I basically eat everything I can find in my house accompanied with a solid dinner of pasta or pizza. Along with this, the Friday before a meet I make sure to stop at Smoothie King and get a 1446 calorie strawberry "The Hulk" protein smoothie.

**Advice for Next Year's Graduating Class:** Don't slack off at practice, I am probably one of the bigger culprits of this however it really hurts you in the long run. As senior year moves by you have a lot of "last times". A last Cap Classic, Winterfest, high school season etc. If you don't put out in practice, you won't get anything out of your last meets. Have fun, but don't forget to work hard. Also, apply to college early because it's a lot of work. Good luck with that. 👍