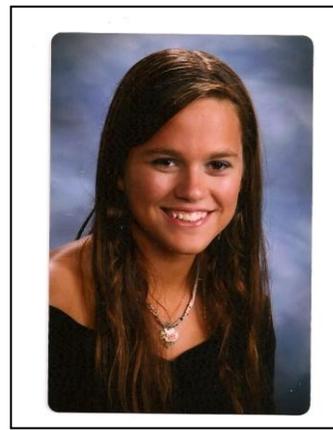


**Name:** Courtney Miller

**High School:** Northeast High School

**Years on SPY:** 9 years

**College attending in Fall 2012:** I'm going to go to AACC for two years or less to figure out what I want to major/minor in, get my classes out of the way, then transfer to a college of my liking!



**Hobbies when not swimming:** Outside of swimming, I love to hangout with my family and friends, eat, go to concerts, being obsessed with the best band ever Allstar Weekend and stalking them at their concerts, being obsessed with Jbiebs, pick out how many hot boys there are at every swim meet, talk to random people during swim meets, listen to tons of music, watch TV (especially GLEE, American Idol, Once Upon A Time, and Pretty Little Liars), go to the movies, dance, run track, sing, play tennis, drama club, play just dance at team dinners, lifeguarding at Chesterfield, sleepovers, swinging, going to the beach, tanning, relaxing, sledding in the wintertime, break dancing underwater with Brian Nelson during summer swim team, take pictures underwater, tubing, and so much more!

**Most memorable swim:** I don't really have a most memorable swim, but I love taking off time every meet that I do! It's crazy how much time I've taken off in every event I've swam in the past few years. To me, a most memorable swim is hard to pick out because there are SO many. I love swimming with all of my heart, and having SPY as part of my life for 9 years, it's very tough to pick out the best memory out! Having my friends from last year's graduating class and all of my friends now there at meets to comfort and support me when I didn't want to swim a certain event, etc. But, you could say during the CATY meet this year, I was hanging out with some of the younger kids, and we started doing the Cat Daddy before we swam, and I ended up taking off so much time, it was so fun! This is entirely the best team in the world.

**Most memorable/funny moment:** One year at Winterfest when I was about 9 or 10 years old, Khrysten and I were cooling down in the cool down pool before our next event, like way too close to our next event. So, we noticed after we were done cooling down, it was in the middle of our event. We went upstairs and our moms told us to go down to see if we could swim. Khrysten did, and I didn't, I basically hid upstairs because I was so scared. It was just such a funny moment to look back on! Also, back in 2009 at Connecticut, me, Molly Gallant, Aj, and Brenden went down to eat dinner at the hotel, and we were all pretty hyper for the next day to swim. Me, Molly, and Kasia decided to annoy Aj and text bomb him, it was so funny! He got so annoyed and turned off his phone. Then once he turned it on, his phone kept on vibrating from like 200 text messages. After dinner, we went into the computer room and used the computers to chat each other, while we were all sitting next to each other) on Facebook, and creep on people, it was so great. I have to say this was one of the best SPY memories ever!

Another funny moment was also back in 2009 at Connecticut! The night of the parade, a group of us (Me, Molly, Kasia, Meghan, Aj, and Brenden!) decided to go and see "New Moon" the addicting movie one of the first nights it came out. It was so fun especially when you got to see Taylor Lautner's abs most of the movie!

I have to say there are so many funny memories I will always remember from swimming for SPY. The days where we played underwater baseball and half of us didn't know how to play even though it's played the same way as regular baseball, when we went to the park and played basketball, Frisbee, soccer, or just ran around one Saturday morning practice with Peter. Also, the days where we ran for dryland, and we did the Indian run, while we all cheered each other on!

I know that this is only supposed to be "One Most Memorable/Funny Moment, but there are way too many memories to pick just one funny one! It's been the time of my life swimming for SPY, and I'm so glad that I joined when I was 8, and nowhere else.

**Best Event:** Anything freestyle or breaststroke!

**Favorite Set:** I love anything involving Fins! Also, the fun day practices. But, if it has to do with a long set, I love stations and sets involving freestyle, breaststroke, and 100's IM.

**Least Favorite Set:** Anything to do with a lot of backstroke. Also, when we do a T-20, they're too long!

**Pre-swim rituals:** My pre-swim rituals are pretty much just the same as everyone's! I love to eat power bars, granola bars, or any kind of fruit before I get to the meet. But most of all, I'm addicted to sugar, so I eat candy which is probably not always a smart idea. At least it gives me tons of energy! I stretch for a long time. I always listen to music on the way to a meet, and about 10-15 minutes before I stand behind my block. I also spend forever on making sure my cap is on correctly, and all my hair is tucked inside of it, and that my goggles are on tightly!

**Favorite meal before a meet:** I love anything carb related before a meet I love to always have pasta to build up on carbs the day before our meet! I'm addicted to pizza, fruits, granola/power bars, and crackers. I also drink a ton of water, or Gatorade before a meet!

**Advice for next year's graduating class:** "Never Say Never", because you never know when something bad can turn into something good. Even if you don't get the certain times that you want, there's always the next time! Also, have a great attendance and stay out of drama. If you don't agree with someone's opinion, be calm and don't snap at them. SPY is like a family, there shouldn't be any fighting! I also know that if I have a bad day, that coming to SPY, I can always leave with a smile on my face. Never argue with any of the coaches, they're always right! When they ask, "Any questions, comments, or complaints?" start asking many questions to stall time.....well sometimes. Like Andy Grammar says "Keep Your Head Up", and of course HAVE FUN and good luck!!!!