



**Name:** Haley Gray

**High School:** Severna Park High School

**Years on SPY:** 11

**College attending in the fall:** Either Duquesne University, Roanoke College, or Washington College

**Hobbies when I'm not swimming:** When I'm not swimming I am either watching old movies, goofing off with friends, or doing lots of homework. Most of my time is spent eating out with my friends at IHOP or watching dumb movies with them. I also love going to the movie theater with my dad and brother; Marvel movies are our favorite.

**Most memorable swim:** My most memorable swim happened at Wilton my junior year. I was going for the 200 back Capital Classic cut, 2:20.00. I was so stressed the entire meet because I wanted it so bad. I had missed it the year before by less than half a second. I nearly had an anxiety attack before I raced. Allison Vorhees was the heat after me so she was calming me down and letting me know I could do it. I swam the hardest I have ever swum and went a 2:19.92. I remember looking at the clock and immediately crying tears of joy. Allison gave me a huge hug and then I went and hugged the coaches. I went to Capital Classic three weeks later and went an even better time!

**Most memorable/funny moment:** Spies pranks are always memorable moments. Sometimes we go a little far, but it's always a good time (as long as the girls are doing them). My most memorable moment though was my first morning practice with the spies group my sophomore year. My first ever spies practice was the famous Einstein's practice. We all got in the pool and warmed up, and then Crystee put up 6x300 frees descending. I was terrified, but then under the set she wrote "get out and go to Einstein's." I thought it meant that once we were done that's would we could do, so when everyone got out of the pool cheering and left I was so confused. Crystee had to explain to me what was happening. My first practice with the SPY elite was pretty easy!

**Favorite event:** 200 back or 500 free

**Favorite set:** Spyopoly of course! But when we are not doing that I enjoy distance free with Richard, especially the 6x500s set.

**Least favorite set:** Anything I.M. I hate I.M with a passion! It makes my Monday 93% worst.

**Pre-swim rituals:** I eat a handful of gummy bears and go up to the block about three heats before my heat. I crack every bone in my body, stretch my arms and legs, and do this weird leg shake to loosen up my muscles. I also try to find my dad in the stands because we have a thing we signal to each other.

**Favorite meal before a big meet:** If we are close to home I always eat a southern on a plain bagel from Naval Bagels. If we are away I try to find a Panera so I can eat their mac and cheese. I ate so much Panera mac and cheese at Capital Classic my junior year, and I did really well!

**Advice for next year's graduating class:** Make what you want of your last year. I have obviously reduced my swimming my senior year, but I still love the sport and love my team! Swim in all the meets you love and experience all those last special moments. But also remember that once you leave you are not completely gone. Every friend you make will be with you for as long as YOU let them be. I know I will continue to speak to you all next year and in the years to follow. And one final piece of advice, relax! Between swimming, school, and applying to colleges it gets extremely stressful, but if you are stressed your entire senior year it won't be fun, so RELAX!