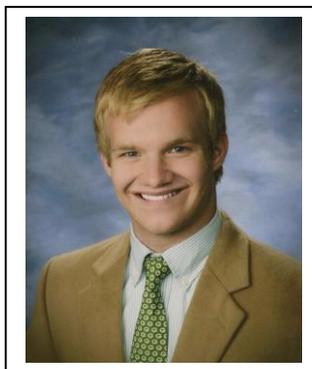


Name: Jack Bremer
High School: Severn School
Years on SPY: 13
College attending in Fall 2012: Cornell University



Hobbies when not swimming:

Green Bay Packers – I’ve been a huge fan my whole life, and now I can finally admit: Jim and Crystee, all those times I scratched Winterfest finals, I didn’t have a “stomach bug” or “so much homework,” I was just watching the Packers game. Other than that, I enjoy anything with boats, cars, Washington Capitals. Also (although my mom despises me doing this) I cannot stop eating pizza or cheez-its; I go through a box of each in about 10-20 minutes.

Most memorable swim:

Undoubtedly 200 Fly at SC Y-Nationals Finals my sophomore year. My lone goal of the meet was to make my first Summer Juniors cut, and 200 Fly was my last chance. I went a 1:52.94 and placed 16th in the morning, but I needed to go 1:51.99. At finals I won the B Final with a 1:50.34 and out-touched 2nd place by 0.02. I don’t think I’ve ever been more pumped up for anything in my life than that swim at finals, and I still get goose bumps thinking about it.

Most memorable/funny moment:

After spending nearly my whole life on the team, I’ve accumulated quite a few, so I can’t pick just one moment. I’d mainly like to mention the people on SPY who have impacted my life in memorable ways and have given friendships that will last a lifetime. Most of them have been with people who have already graduated, such as my best friend Colin Heil, Charlie Schindler, Greg Kogut, Sean Brant, Dan Gallagher, Chip Helferstay, Mike Cooke, Matt McKenney, Dylan Davis, Kevin Huntley, Grant Murray, Dougie Kogut, Josh Vagts, and DaveHarmon. We constantly went through phases where we would repeatedly say words/phrases that would make us die of laughter, and as a result, we’ve basically developed a language of our own with our word choice. My top memories range from getting kicked out of practice, running train in the ESPL Summer League with Jenna Kirchoff and Sean on North Cape Arthur for the past 13 years, several Juniors meets with Crystee, Jim letting me out of practice to watch Brett Favre officially retire, the Annual Bremer Firework Show (basically a contest of who can do the dumbest thing without getting seriously burnt – hats off to Matt McKenney), to many other things not appropriate for the SPY Website, but you guys know what I’m talking about.

My last two years on SPY, however, have been filled with memories from someone who was seemingly invisible until one day at the beginning of junior year. Victoria, you mean more to me than you’ll ever know, and there is no way I’ll ever be able to thank you for everything you do. You have taught me so much about myself, and looking back, I can’t imagine these past two years without you. You now know me better than anyone outside of my family, and I’ll never forget all of the time we’ve spent together.

Best Event: 200 FLY, although 200 BR is my favorite.

Favorite Set:

Other than polo or water rugby? As much as it can hurt, probably a set of descending 400IM’s that I’m really feeling it.

Least Favorite Set:

Sorry, Richard, but about 95% of your sets. I’m just not a Thursday morning kind of guy, and you always hit my vulnerable spots.

Pre-swim rituals:

I’m way too superstitious. To elaborate, I’ll go through my daily routine of a meet: choose boxers according to that day’s event/s (yes, I have boxers for each main event I swim), have a poppy/sesame seed bagel toasted with nothing on it, eat a chocolate or vanilla crisp PowerBar after warm up, have Jenna Kirchoff stretch me, warm up again, drink a purple

PowerAde, and listen to the exact same song I've been listening to for years – Tori Wood, you're the only person who knows the song.

Favorite meal before a meet:

My mother's glorious homemade lasagna or chicken parmesan. My goodness, I will miss that so much.

Advice for next years graduating class:

There are three vital lessons I have learned in my career: 1) Never underestimate your abilities. Ever. 2) The greatest NFL coach ever, Vince Lombardi, once said, "Our greatest glory is not in never falling, but in rising every time we fall." This quote epitomizes my swimming career. I have gone through spurts of going consecutive best times on poor training, to not going a single best time on my best training. However, once I work through that best time drought, that is the greatest feeling: feeling the result of hard work. So, not every swim will be your best, but use that to fuel your ambition for the future. 3) Just have fun. It sounds so simple, but really, do it. SPY has become second family to me with all the good times I've had. I spent my whole adolescence on SPY, and given the chance to do it over, I wouldn't have changed a thing because I know that I couldn't have had a better time anywhere else.