



Name: James Muessig

High School: Severna Park High School

Years on SPY: 10

College Attending in Fall 2017: University of Maryland, College Park

Hobbies when I'm not Swimming: Documenting my pets on a daily basis. Not much else.

Most Memorable Swim: Sophomore year. Maryland States. The only event I made it in and the only event I swam that weekend: the 500 free. That was probably the best race I've ever swam, with an 8.63 second drop from a mere two weeks before. And there was a reason for that. I was heat two, and apparently there was a swim off after heat one. Somehow everyone knew but me, so I hopped up on the block like an idiot. I had no idea until an official tapped me on the leg and told me to step down. I looked around in confusion until I noticed the two girls staring at me from the blocks to my left. I got down, they do their thing, and I thought to myself, "well now I need to go fast so people don't think I have no idea what I'm doing." So I did. Oh yeah and I beat Reid.

Most Memorable Moment: Picture this: it's about 15 degrees, strong winds, and the sun has yet to rise so the cold reigns uninhibited. Thankfully you're in a car headed to school, sheltered from these elements so you think nothing of them. This was me the day I first learned how to change a tire.

Jack, Caelan, Reid and myself were driving to school after morning practice one day. By chance, we were behind a school bus. Normally this would not be an issue, except said bus dropped a very large part, which we then ran directly over. There was a loud bang and the van was listing toward the passenger's seat. We pulled over into a small parking lot and yes, the front right tire had a large hole in it. The bus pulled in next to us because it too was experiencing problems, probably because it just lost an axle. Anyway, we all pile out, grab the manual, and promptly begin freezing. The entire ordeal took about 45 minutes, because this was new for all of us, and we encountered many problems such as: a special nut that needed a special piece that took a while to find, one nut that just would not come off, and once we finally did get all the nuts off, the wheel did not actually come off the axle. We had to use this long pole and force it off, with difficulty. As it turned out, the spare tire was quite deflated itself, and very thin. On the way to school we actually stopped again because it felt like the spare had popped too. So the rest of the way,

Jack had the hazards on and never pressed the gas pedal, we just idled the whole way down Evergreen at about 5 mph. We were late to school that day.

Honorable Mention: My first year going to UMBC practices when I was a freshman, my carpool consisted of Pierce, Alex, and Norm. We had tons of fun and always went to Burger King after practice to replace those lost calories, but the most memorable part was when we ran out of gas. We were about 5 minutes from the pool but had to pull over on the freeway because we had already exhausted all the fumes. We called Jim, and he came to pick up Pierce, Alex, and myself while Norm spent the practice trying to flag down some help. I think in the end he bought a gallon of gas for like 10 bucks. We were late to practice that day.

Favorite Event: Definitely the mile. It's so cool cause it's the only one with a different name.

Favorite Set: Sets with a pretty fast pace and very little rest because they simulate distance swimming. Oh and T-30's.

Least Favorite Set: Not distance sets.

Pre-Race Rituals: Before distance races I always lie down on the ground for about 5 minutes and relax my body and focus on my breathing. I'm not really sure why I do this, I just do. And while I'm behind the blocks I always do my classic full body stretch and clap a few times, again I have no clue why.

Favorite meal: Annie's oreo-cookie brownies.

Favorite meal before a swim meet: uh. idk prolly pasta.

Disyllabic Memories: (meaning two)

Bagels

Cheerwine

Green Beans

Daniels Dam

Chow Chow

Jannie

Irony

Gerald

Roller

Rhonda

CarPOOL

Thing said most often: "Caelan you owe me five bucks."

Dogs: (loosely ordered by favorite)

Annabelle

Ziggy

Simon

Madison

Lincoln and Lily

Ken

Gracie and George

Sam

Beau

Oso

Liberty

Mason

Advice for next year's graduating class: Do not be deceived: onion rings are just vegetable donuts.

Advice for Reid: Swim faster in prelims goshdarnit.

Advice for all of SPY: Your time here is limited. Milk it.

In the wise words of Brendan Jones: "The 500 is the last great sprint."