



Name: John Mason

Years on Spy: 8

High School: Old Mill High School

College I'm Attending in the Fall: Widener College in PA

Hobbies while I'm Not Swimming: Reading, playing video games or board games with friends, occasionally baking.

Most Memorable Swim: I have two swims that really stand out for me. My first one was my second year on the team, we were at a dual meet and I had shown up early. My session wasn't until the afternoon, one of the coaches came up to me and asked me to swim up with the 13-14 relay, I was absolutely terrified to swim in this relay. I remember while swimming it I actually broke into tears because I was worried that I would "disappoint" the older kids. Needless to say this was the fastest 50 probably of my life. The other swim that really stood out was a few years ago at Wilton. I was swimming 200 Fly at prelims, I swam what I thought was a 200, turned out it was a 150, then I stopped. I looked up and I see Crystee running down the pool yelling "Go! GO! You're not done yet!" I then turned down the pool and went as fast as possible, still went a best time and made finals though!

Most Memorable Moment: My time as a SPY was a little limited but even still I had my fair share of memorable moments. From the team dinners, when they remembered to invite me, to the breakfasts at Einstein's there isn't a whole lot I would do differently. However my most memorable moment is probably at Relay for Life last year, it was a rainy and cold day but it was still really fun and I had a lot of personal conversations with many members of SPY and got to learn more about everyone.

Favorite Event: 200 Butterfly

Favorite Set: Underwater dolphin kick is always fun. Or 200s stroke with long rest.

Least Favorite Set: Anything with Breaststroke.

Pre-Swim Rituals: Before I swim I always check my personal time and the time that I'm going for about 300 times. Then when I'm up behind the block

I always crack my neck, place my hands over my mouth and nose and breath into them, it like calms me down before I get ready to dive in.

Favorite Meal before a Big Meet: Pizza, Cheeseburger, something terribly unhealthy for you with a lot of protein. It always reminds me that in the end it doesn't matter what happens when you swim, its meant to be fun and for you to enjoy it, just like pizza.

Advice for Next Year's Graduating Class: My main piece of advice would be to either A: Get an iPhone, or B: Constantly pester the spies to see when the next team dinner is going to be, because if you don't you will not find out about it till at earliest, practice the same day, but more than likely you won't find out until they are already at the dinner.. But more than that, just have fun. Swimming isn't easy and neither is senior year. Take your time and enjoy it. Competition ends, "petty rivalries" are just that, petty, and in the end all that matters is that you had fun during the ride.

Quote: Kites rise highest against the wind - not with it. Winston Churchill