

Name: Katie Parker

High School: Severna Park High School

Years on SPY: 9

College attending in Fall 2014: James Madison University GO DUKES!



Hobbies when not swimming: I do everything a typical teenager does like eating, sleeping a lot, hanging out with my friends and family, watching sports, listening to an absurd amount of music, attending UMYF, tweeting, smashing things with my Hulk hands , shopping, and sleeping some more.

Most memorable swim: Since I have been swimming for as long as I can remember, it is hard to pick the *most* memorable one because I have had quite a few. However, the one that will always stick out in my mind is the 200 breast at the Capital Classic meet my freshman year. I had missed the cut for Short Course YMCA Nationals in that event the year before. I was devastated even though I had a pure hatred for the 200 breast at that point in time (and on certain days, I still do). I was behind the blocks, warmed up and excited for the race I was about to swim. Michaela and I were singing and dancing, BGODB. Looking back on it, the race feels like it was only a few seconds though I know it probably seemed like years when I was actually swimming it. I hit the wall and looked at my time, I had qualified for the SCYN cut! I was ecstatic! I looked at Jim and Richard who looked happy with my swim and then I looked at my mom in the stands who was hoisting both her fists in the air. Mr. Brant was also giving me two thumbs-up. Little did I know, I had also won the Mayberry heat. The Mayberry heat is when they play the Andy Griffith theme song and whoever wins that heat receives the coveted RC Cola and a moon pie. They handed me my prize and I ran over to Jim with an ear-to-ear grin. He greeted me with an extended hand and I high fived it, because why else would he have his hand extended? Well since we taper for Capital Classic, we technically aren't allowed to eat the moon pie and drink the soda, so his hand was actually extended for the Mayberry prize, not a high five. It's okay, I still laugh about it today.

Most memorable/funny moment: The best moments on SPY for me are scattered throughout my time at SPY. Not a practice goes by without one of my teammates making my day or me laughing my butt off. If I have to pick a few memories they would be all the car rides with Allie, Michaela, and Madeleine. Every Y Nats has had it's special moments, as well as comical ones. Like when Dave Harmon sat on and Jared's styrofoam cooler at SCYN 2011, or when Tori, Marissa, and I waxed Jack's chest for LCYN, or when Mama June sang the baby monkey song in the hall during dinner at SCYN 2012. And of course, when we somehow snuck a Publix shopping cart into Crystee's hotel room in Ft Lauderdale. I'll never forget the countless sets that Alden, Caroline, Madeleine, Michaela, Nicole, Allie, Jenna and many others got me through. Of course there is also the beach trip with the infamous piñata, thanks to Matt and Dylan. I have had countless laughs with Sean, Jack, Colin, Kevin, Dan and Grant about things far

too inappropriate to talk about here. A big thanks to Emily Lloyd for everything in the past 5 years. And another big thanks to Caroline Burns for introducing me to JMU. I have a million more that I wish I could talk about, but I'll have to save those for another time.

Best Event: 100 breaststroke

Favorite Set: Anything that is supposed to be fast with a lot of rest, stations, T-30, 400 IM sets, and the test set.

Least Favorite Set: Any set where breaststroke has to swim on the same interval as all the other strokes, Richard's pyramid of pain, burpees during Crystee's boot camp, and anything that is not recovery after a long term meet.

Pre-swim rituals: Gracefully shove a chocolate power bar in my mouth, sing and dance obnoxiously for everyone to hear and see, shake myself out, and attempt to touch my toes, even though I never seem to reach them.

Favorite meal before a meet: Pasta is nice and all, but if we're really being serious here... I love a good Mellow Mushroom hoagie, specifically the Teriyaki chicken and cheese on white bread.

Advice for next years graduating class: Listen to your coaches, they know what they're doing. Don't get caught up on the small stuff. Remember what is truly important, times are important sure, but character is what people truly remember. Continue to love those who love you back. Work hard, but don't forget to play hard too. In case no one's mentioned it, these are some of the best years, and they go by way too fast, so enjoy them!!!