

# Ryan Akhavan

**High School:** Broadneck High School

**Years on Spy:** 5

**College Attending in Fall 2015:** Undecided as of now



**Hobbies When Not Swimming:** When I'm not swimming I enjoy spending time with my dear friends and family. I enjoy playing soccer and tennis with friends from school. In the summer I love to go boating, paddle boarding, and kayaking. Also I swam for Broadneck High School which consumes a lot of my time as well.

**Most Memorable Swim:** My most memorable swim was at 2015 District Championship meet. This particular meet was probably the best I've ever had. Even though this was our big taper meet, I couldn't imagine how well I would do. The 200 fly was coming up. Sam, Richie and I were the only ones swimming the race. I did my regular pre-race routine. I was feeling loose and ready to race. I dove in not knowing I was swimming against one of the Brown brothers. I don't remember which one... they both look the same. I finished the race and looked up at the score board and went a 2:05. I was in shock and was amazed I dropped over 6 seconds, coming in with a 2:12. In addition I got 7<sup>th</sup> and made the A final. Unbeknownst to me Richie Kogut got DQ'd in the same event. Later in the evening in Finals I dropped another second and went a 2:04. The icing on the cake was seeing my parents in the stands.

**Most memorable moment:** One memory that sticks out is pretty recent. Before the 2015 Raleigh meet, there was some hype between Brendan and I on whether he would beat me in the 100 fly or not. I was feeling loose and ready before my race. I dove in finished looked up and saw that I went a 54.24. I was very excited to drop a second. Brendan swam in a couple heats after mine. After he finished, I was excited to reach out to him that the hype was over.

**Best event:** My best are the 100 and 200fly, but I enjoy the 100 breast.

**Favorite set:** I enjoy sprint sets with a good amount of rest, especially if we go off the blocks.

**Least favorite set:** I don't enjoy distance free sets, but I enjoy distance IM sets.

**Pre-swimming Ritual:** I eat a light snack a good hour before I swim. I will usually flip my cap and then go up early for my race. I like to be in silence and by myself before my race.

**Favorite meal before a big meet:** I'm always ready for whatever my mother prepares for me the night before.

**Advice for next year's graduating seniors:** Make a lot of friends in your SPY group because you will be around them for hours every day. Stay positive throughout the year. Every race will not be a fast race, or the way you wanted it to happen. You have to trust in your coach and in your training and everything will turn out for the best in the end.