

Name: Meghan Bohny
High School: Severna Park HS
Years on SPY: 12
College Attending in Fall 2014: Undecided as of now.



Hobbies When Not Swimming: It's not very often that I am not in the water, as SPY is basically my life. But during the rare breaks, I am usually studying or doing homework, spending time with my family, laughing with my friends, shopping, baking, or watching *The Voice*, *The Biggest Loser*, anything on HGTV, or Lifetime movies.

Most Memorable Swim: Oddly enough, after 12 years on SPY my most memorable swims occurred this year at Wilton. Even odder is that one of my most memorable swims was the 50 free on Friday night, as those who know me are well aware that sprinting is not my forte. I went into the meet this year excited as ever, knowing that I was going to make the Raleigh cut in 200 fly. The 50 free on Friday night was just a get-used-to-the-water-before-the-big-day kind of swim, so there was no pressure riding on my performance...except that I was swimming next to my younger sister. I knew I couldn't let her beat me or I would never hear the end of it. We took off, and I raced to the finish, making sure I was ahead of her. When I looked up, I saw 28.91 next to my lane, and I had to do a double-take. *Did I really just go a 28?* Even though it seems like just another best time, going a 28 in a 50 free is something I never thought I could do. It took me 10 years just to get below 30 seconds, so breaking the 29 second mark was nowhere on my radar, making that 50 free one of the most exciting races of my swimming career. Another one of my most memorable swims was the 200 fly at Wilton. All year I had stepped it up and trained more fly than I had in the past years combined (at least that's what it felt like). I was determined to make the Raleigh cut. I tried to fight off the nerves, knowing that if I was too nervous I would not swim as well. I stepped up behind the blocks, in the zone and ready. My teammate, Lauren, was swimming in the lane next to me and she patted me on the back and wished me luck right before we got on the block. The buzzer sounded and we were off. My teammates and friends all stood at the other end of the pool cheering me on when I touched the wall. I gave it everything I had, going less than a second off my best 100 time the first 100. At the end of the race, I hit the wall, looked at the board, and was immediately disappointed. I missed the cut, adding three seconds. Sore, I climbed out of the pool and waddled over to the coaches, disappointed that I would not final and get another chance to swim. The reason this swim is so memorable is not because I missed the cut I had been striving for all season, but because all my teammates were cheering me on and supporting me. It meant a lot to have everyone there to pick me up when I was so upset. Because of my friends and teammates, I was able to turn my disappointment around and still swim well the following day.

Most Memorable/Funny Moment: Well, a lot of funny things can happen in 12 years. As I was looking back on my years on SPY, I realized that while a lot of funny things are said everyday at practice, some of the funniest things occur outside of the pool when I am hanging out with my teammates, who are also my best friends. To pick a few funny moments: the morning that Annie didn't shut my trunk all the way, and Ian got out at the next red light to shut it, hopping back in the car right as the light turned green; when Molly took us through the drive thru instead of waiting in line to order at Einstein's because of a basketball team breakfast; the night Allison, Abigail, Anja, and I went to dinner in DTA and parked in a residential area, and the whole time we were walking back Anja was screaming that we had to hurry or else we would get mugged; and later that night when Anja was teaching Abigail and I to "dance" in my basement at 2 in the morning.

Best Event: I don't really have a best event. I can do everything except breaststroke and sprinting. My favorite events to swim are 500 free, 200 IM, 100 fly, and 400 IM (most of the time anyway).

Favorite Set: I really liked Richard's 500 IM set last year. I think it was mainly because I felt strong and did well, but also because the times were solid; they allowed enough rest to swim consistently hard each time, but were also challenging as they were descending.

Least Favorite Set: Pull sets and breaststroke anything because they turn into continuous swims. Oh, and that one breath control set with Jim where if you took even one breath you were kicked out of practice.

Pre-Swim Rituals: I have always been one of those people who goes up behind the blocks super early to avoid missing my race. I also tend to start conversations with whoever is up there, whether it be another SPY swimmer or someone from a different team. Although it may seem annoying and weird to be conversing with people from other teams, it helps me divert my focus away from my nerves. Since I was little, I have always gotten excessively nervous before my race, and listening to music makes it worse for me. Yes, I like music, but when I listen by myself it gives me a chance to think, and when I think, I stress myself out further, making for a bad race. Over the past few years, I have noticed that I swim better when I am happy and having a good time, and not when I am nervous. A few years ago, I used to be super negative about myself, and my swims followed my attitude; when I was mad or upset, my races suffered. One of my main goals in the past two years has been to have a positive attitude, and I have noticed the difference.

Favorite Meal Before a Big Meet: A go-to meal in my house: pasta with meat sauce.

Advice for Next Year's Graduating Class: You don't have to be the best to accomplish something great; you have to love what you do, for it is passion that fuels greatness.