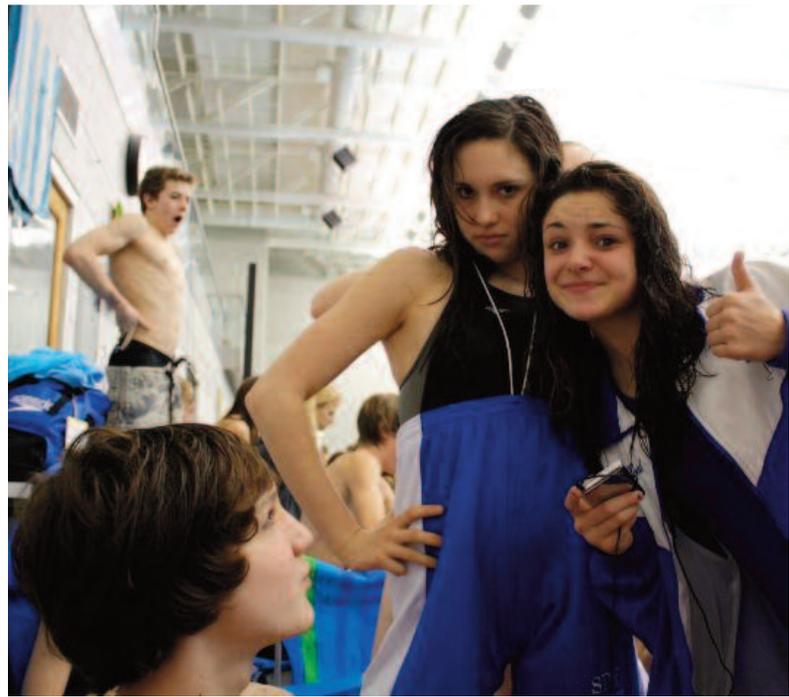
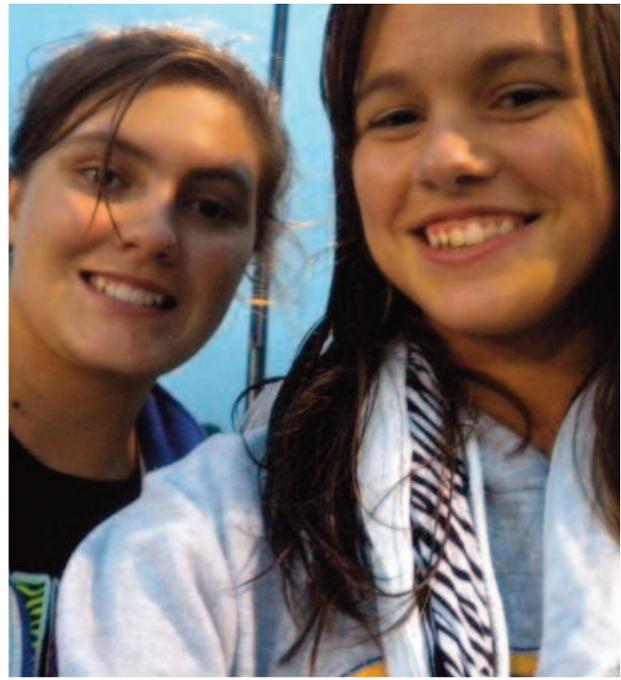


SPY

Seniors

2012





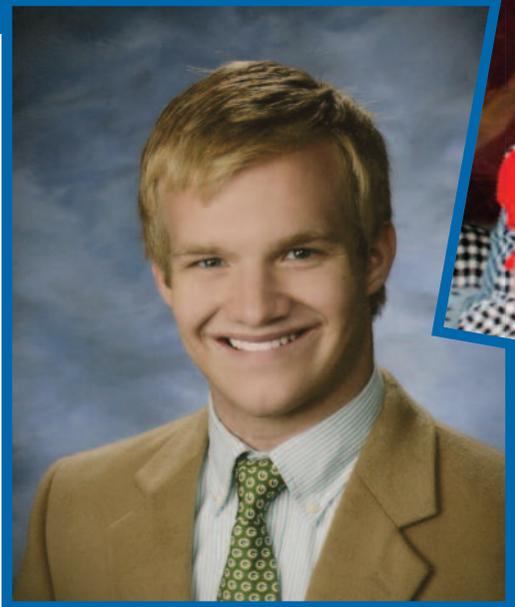
Seniors

Jack Bremer
Norm Crone
Michaela Cunningham
Marissa Hand
Jenna Kirchoff
Nick Kline
Matt McKenney
Courtney Miller
Krysten Stolins
Jared Wasserman
Tori Wood

SPY Captains

Tori, Jack and Jenna

SENIORS 2012



Jack Bremer

High School: Severn School

Years on SPY: 13

College: Cornell University – College of Engineering

Hobbies when not swimming: Green Bay Packers – I’ve been a huge fan my whole life, and now I can finally admit: Jim and Crystee, all those times I scratched Winterfest finals, I didn’t have a “stomach bug” or “so much homework,” I was just watching the Packers game. Other than that, I enjoy anything with boats, cars, Washington Capitals. Also (although my mom despises me doing this) I cannot stop eating pizza or Cheez-Its; I go through a box of each in about 10-20 minutes.

Most memorable swim: Undoubtedly 200 Fly at SC Y-Nationals Finals my sophomore year. My lone goal of the meet was to make my first Summer Juniors cut, and 200 Fly was my last chance. I went a 1:52.94 and placed 16th in the morning, but I needed to go 1:51.99. At finals I won the B Final with a 1:50.34 and out-touched 2nd place by 0.02. I don’t think I’ve ever been more pumped up for anything in my life than that swim at finals, and I still get goose bumps thinking about it.

Most memorable/funny moment: After spending nearly my whole life on the team, I’ve accumulated quite a few, so I can’t pick just one moment. I’d mainly like to mention the people on SPY who have impacted my life in memorable ways and have given friendships that will last a lifetime. Most of them have been with people who have already graduated, such as my best friend Colin Heil, Charlie Schindler, Greg Kogut, Sean Brant, Dan Gallagher, Chip Helferstay, Mike Cooke, Matt McKenney, Dylan Davis, Kevin Huntley, Grant Murray, Dougie Kogut, and DaveHarmon. We constantly went through phases where we would repeatedly say words/phrases that would make us die of laughter, and as a result, we’ve basically developed a language of our own with our word choice. My top memories range from getting kicked out of practice, running train in the ESPL Summer League with Jenna Kirchoff and Sean on North Cape Arthur for the past 13 years, several Juniors meets with Crystee, Jim letting me out of practice to watch Brett Favre officially retire (for the first time), the Annual Bremer Firework Show (basically a contest of who can do the dumbest thing without getting seriously burnt – hats off to Matt McKenney), to many other things not appropriate for the SPY Website, but you guys know what I’m talking about.

My last two years on SPY, however, have been filled with memories from someone who was seemingly invisible until one day at the beginning of junior year. Victoria, you mean more to me than you’ll ever know, and there is no way I’ll ever be able to thank you for everything you do. You have taught me so much about myself, and looking back, I can’t imagine these past two years without you. You now know me better than anyone outside of my family, and I’ll never forget all of the time we’ve spent together.

Best Event: 200 FLY, although 200 BR is my favorite.

Favorite Set: Other than polo or water rugby? As much as it can hurt, probably a set of descending 400IM's that I'm really feeling it.

Least Favorite Set: Sorry, Richard, but about 95% of your sets. I'm just not a Thursday morning kind of guy, and you always hit my vulnerable spots.

Pre-swim rituals: I'm way too superstitious. To elaborate, I'll go through my daily routine of a meet: choose boxers according to that day's event/s (yes, I have boxers for each main event I swim), have a poppy/sesame seed bagel toasted with nothing on it, eat a chocolate or vanilla crisp PowerBar after warm up, have Jenna Kirchoff stretch me, warm up again, drink a purple PowerAde, and listen to the exact same song I've been listening to for years – Tori Wood, you're the only person who knows the song.

Favorite meal before a meet: My mother's glorious homemade lasagna or chicken parmesan. My goodness, I will miss that so much.

Advice for next years graduating class: There are three vital lessons I have learned in my career: 1) Never underestimate your abilities. Ever. 2) The greatest NFL coach ever, Vince Lombardi, once said, "Our greatest glory is not in never falling, but in rising every time we fall." This quote epitomizes my swimming career. I have gone through spurts of going consecutive best times on poor training, to not going a single best time on my best training. However, once I work through that best time drought, that is the greatest feeling: feeling the result of hard work. So, not every swim will be your best, but use that to fuel your ambition for the future. 3) Just have fun. It sounds so simple, but really, do it. SPY has become second family to me with all the good times I've had. I spent my whole adolescence on SPY, and given the chance to do it over, I wouldn't have changed a thing because I know that I couldn't have had a better time anywhere else.

Norman Victor Crone III

High School: Chesapeake High School

Years on SPY: 5

College: Either UMBC or Ithaca College

Swimming in college? I definitely plan on it

Hobbies when not swimming: I like to sing, dance, act, play video games, be involved in my church ... and occasionally eat and sleep

Most memorable swim: The first time that I broke 1:00 in 100 Freestyle

Most memorable/funny moment: I swam a 150 IM once; it was the only time I've ever seen Jim at a loss for words.

Best Event: Whatever the coaches tell me it is



Favorite Set: T-20's

Least Favorite Set: The Long, Cold Winter set on Thanksgiving Day (10 x 100's Butterfly on the 1:45); I like Butterfly the way I like banging my head repeatedly against the wall (which I don't like)

Pre-swim rituals: I always go up to the blocks obnoxiously early so that I can watch other people swim, which in turn gets me pumped up.

Favorite meal before a meet: Enough pasta to feed a small army for a week and a half

Advice for next year's graduating class: Don't be put off by Jim. I know that he always seems like he's yelling, but often times he isn't. Jim is not necessarily mean. He's just one of those people that can whisper in the middle of a crowded room, and you'll hear him across the street from the building.



Michaela Cunningham

High School: Severna Park High

Years on SPY: 6

College: Undecided

Hobbies when not swimming: Watching Grey's Anatomy, Coaching Shipley's Choice Swim Team, Teaching Swim Lessons.... I pretty much don't do anything unrelated to swimming.

Most Memorable Swim: Every time I've swum at Nationals has been memorable for me for different reasons, but my favorite was when I got to swim finals in Atlanta last summer. Standing on the podium after I swam was one of the best feelings.

Most Memorable/Funny Moments: I can think of lots of memorable moments and they all seem funny to me but don't sound as funny on paper... I guess you just had to be there. Most of my funny moments have been with Tori Wood, Katie Parker, Nicole Provenza, Allie Muha and Kimmy Weyand. These range from singing in the car with my Mommy Kim to all the obnoxious things Katie and I do at practice. One of my favorite memories is running around in the parking lot with Tori on a Thursday morning practice. We wanted a bottle of water, which was in the trunk of Kim's car. It was pouring rain, and we were wearing our suits and caps, and we couldn't get the trunk of the car open. Naturally this only led to disaster, but somehow we

managed to get the water in the end. Another one of my favorite memories is when Tori shoved a certain someone in the pool when we were investigators... their reaction was to twitch like a squirrel while they were falling, and Tori and I couldn't stop laughing for the rest of warm-up.

Best Event: 50 fly and 50 breast are my favorites – but since they are not “real” events, I guess we'll go with 100 breast.

Favorite Set: Widths and sprint sets.

Least Favorite Set: Anything involving 400IM or backstroke... I think everyone is aware of my passionate hatred for backstroke.

Pre-swim Rituals: I go behind the blocks way before I need to, so I'll usually stand there and listen to my iPod. If one of my friends is nearby we sometimes sing and dance together. I try to compensate for my complete lack of flexibility by stretching. Usually by the time I dive in the water I fix my goggles about fifty seven times.

Favorite Meal Before a Meet: Chicken Parmesan. Especially from Angelo's in Fort Lauderdale. Their food is like heaven on earth.

Advice to Next Year's Graduating Class: Stay in school.

Marissa Hand

High School: Severna Park High School

Years on SPY: 5

College: Deciding between the University of Virginia and Delaware.

Hobbies When Not Swimming: I like to be either extremely productive or extremely lazy. I like to hang with friends and being outside if it is warm out, otherwise I like to sleep and not do anything at all.

Most Memorable Swim: My most memorable swim would be from my first experience at Long Course Nationals. I was a rookie and had only made it in the 50 free, yet Jim decided I was fast enough to swim in the 400 free relay with Emily and Kendall. I was so nervous I could barely walk because I didn't want to let the team down and I knew people didn't believe I should have gotten the spot. During prelims, I sprinted my little booty off, and we ended up qualifying for finals that night. If I thought I was nervous at prelims, it was nothing compared to finals. I had already dropped a second in the morning and didn't know how much faster I could go that night. Right before the race, the whole team crowded around our lane, watching us, watching me. I swam that race for the team, and I dropped another second. I was so happy after it was all over and I don't think I have ever been more nervous in my entire life.



Most Memorable/Funniest Moment: The girls and I have shared some funny moments in the locker room and all of them have definitely brought out the goofy side in me. A few years back, I made up some awkward walk where I flapped my legs forward while stretching out my neck and I looked like a doofus. Ask any of the girls and they will agree it is pretty funny (I know this because they always roll over laughing when I do it). Don't even bother asking me to show anyone this because the answer is no.

Best Events: 50, 100 free, 100, 200 fly

Favorite Set: I love doing sprint sets from the blocks where we get to cool down in between our races. I love sprinting free (and sometimes fly) and I love getting to cool down.

Least Favorite Set: Anything having to do with breaststroke. I don't know how to swim it properly and I cannot go fast. 200 breast is the worst, I slowly go from propelling myself forward to just bobbing up and down. I hate it.

Pre-swim Rituals: Before I swim, I like to warm up a bit to loosen up my muscles. Right beforehand, I take a sip of Gatorade and a bite of my powerbar to fuel up mentally and physically. When I go up to the blocks, I don't like to put on my goggles until there is approximately a 100 left to be swum by whomever is in front of me. Then I'm ready to swim!

Favorite Meal Before A Meet: Anything with carbs. I like to make sure to eat healthy, getting a lot of fruits and veggies and protein with whatever carb I choose.

Advice For Next Year's Graduating Class: Talking poorly about other swimmers won't make you faster in the pool nor will it get you far in life. Be kind to your teammates and treat them like family, because they are like your second family.





Jenna Kirchoff

High School: Severna Park High School

Years on SPY: 9

College: University of Rhode Island

Hobbies when not swimming: Baking cookies, Rice Krispy Treats and cupcakes for my boys; shopping; eating; sleeping; talking trash about every summer swim team in the ESPL with Coach Sean and Captain Jack; spending hours watching Dawson's Creek and Friday Night Lights with Allie Muha; and becoming an avid traveler flying up to Boston to visit Midshipman Vagts at MIT.

Most memorable swim: My most memorable swim is the first time I qualified for Short Course Nationals. I had qualified for Long Course Nationals at Wilton in the 200 freestyle and was within a second of the cut time for SCYNATS from Wilton until District finals (AKA the absolute last chance to qualify). I was swimming in the same heat as Emily, Kendall and Nicole, and was about to pee myself I was so nervous. Kendall came up to me before we swam and told me, "Remember, when you can't feel your arms because it hurts so badly... that's when you go faster". The race was a blur, and I was never able to see the scoreboard, but as soon as I touched the wall Emily jumped over two lane lines to drown me in a hug; Kendall and Nicole swam over and we pretty much put the meet on hold because four swimmers were in one lane. (Seriously, the officials had no idea what to do because we were just treading water together in celebration). And I



will never forget walking over to talk to Jim afterwards and seeing Tori just standing there sobbing because she was so happy! The whole experience was so surreal and something I will never forget.

Most memorable/funny moment: Every practice in Lane Three was memorable with Nicole, Kimmy, Allie and Hannah. But nothing beats right before I turned thirteen, Hannah and I were kicking together during a set and she was telling me all about teenagers. Mostly about how awful they are and all the things that happen when you turn thirteen. Jim almost had a heart-attack when he overheard Hannah's lecture and yelled to make her stop.

Other memorable moments include: Firehouse Subs runs with Mike Cooke and Jack Bremer; Giant adventures with Colin Heil; writing notes all year with Allie Muha; my rookie year at YNATS finaling in the 200 freestyle relay with Emily, Nicole and Kendall; and meeting the smartest, funniest, sweetest, greatest guy I know.

Best Events: 500, 1000, 1650 freestyle (my favorite is the 500).

Favorite Set: Back in the day when Chet was coaching he made a practice where each lane was a different set according to everyone's best events. I swam 12x500's freestyle on 7 minutes holding under 6 minutes. I didn't exactly enjoy the set, but I have never felt as accomplished as I did after that practice. The most fun I've had during a set was 2x1650's I swam last year with Allie. We would blow bubbles in between and chat with Crystee trying to distract her from making us swim the second mile.

Least Favorite Set: "Stroke" sets. Freestyle is a stroke, people (i.e.



Nicholas Kline

Crystee, Jim and Richard). There are six events (and a whole meet) dedicated to freestyle, and you're going to tell me that it's not a stroke? Bologna.

Pre-swim rituals: I warm up a ton before a meet. And then normally I have to stretch Jack before he swims. I'll eat some cereal (Honey Nut Cheerios) or a power bar (Triple Threat). I go back and forth drinking water and Gatorade (only blue or purple flavors) because if I only have one or the other it starts to taste bad. I go behind the blocks about twenty minutes too early and I have to awkwardly ask someone to flip my cap because I can't do it by myself. If I'm about to swim a distance event I loosen my goggles a little or else I'll start to get a headache while I'm swimming. If I'm swimming a sprint (which is a pretty rare experience), I tighten my goggles too tight. Then I stretch a little and jump up and down a few times and I'm ready to swim!

Favorite meal before a meet: There is a pasta dish from Squisito's - penne pasta, broccoli and chicken that's delish.

Advice for next years graduating class: Swimming is a lifelong sport; not only in the physical aspect, but also in the friendships that you create. I know that if I'm having a bad day or I need someone to talk to, I can come to practice and confide in any of my teammates. We are a support system for each other in and out of the pool. I think over the years, the SPIES group has evolved into a tighter, family like atmosphere. My advice to younger swimmers is to appreciate the relationships that you form because they will truly last a lifetime.

High School: Severna Park High School

Years on SPY: 10

College: Unknown

Hobbies when not swimming: Running, hanging out with my friends, and video games

Most memorable swim: My first 1000 Freestyle

Most memorable/funny moment: When I started moving backwards while trying to make a kicking set with shoes on.

Best Event: 100 Freestyle

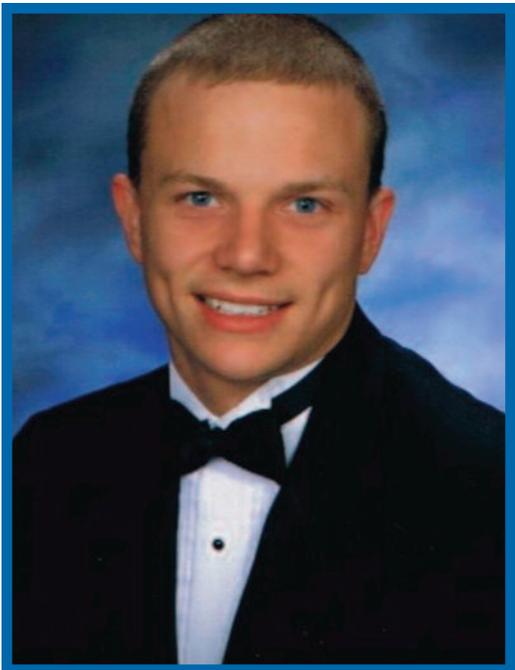
Favorite Set: 500 Freestyle pull

Least Favorite Set: Any Kicking set

Pre-swim rituals: Muhammad Ali impressions while listening to Cascada or Coldplay

Favorite meal before a meet: Foot long teriyaki chicken on wheat with green peppers

Advice for next years graduating class: Don't get on Jim's bad list!



Matthew McKenney

High School: Severna Park High School

Years on SPY: 2 1/2

College: Towson

Hobbies when not swimming: Basketball, hanging out with my girlfriend Alden and my family

Most memorable swim: Wilton 2011 200 fly - qualifying for Junior Nationals

Most memorable/funny moment: YMCA Nationals in Atlanta

Best Events: 100 Fly and 200 Fly

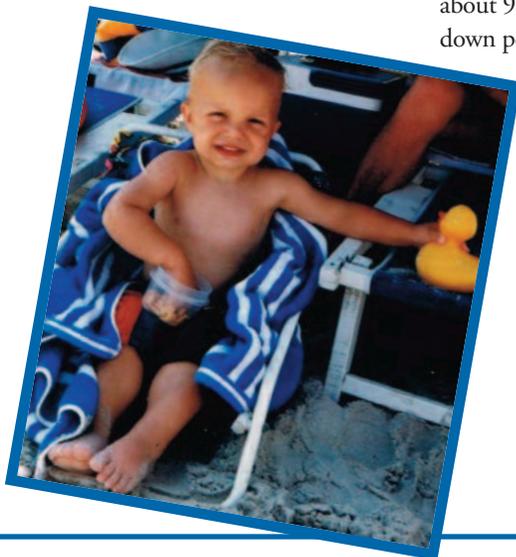
Favorite Set: times 100s from blocks

Least Favorite Set: anything to do with IM

Pre-swim rituals: Nothing really

Favorite meal before a meet: Chicken Parm

Advice for next years graduating class: Work hard and have fun



Courtney Miller

High School: Northeast High School

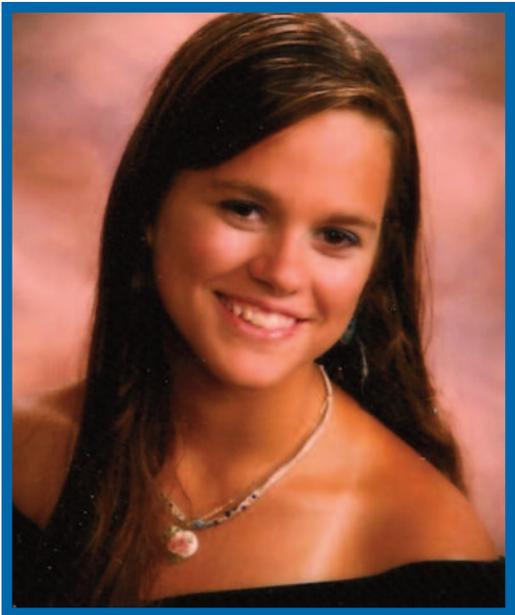
Years on SPY: 9 years

College: I'm going to go to AACC for two years or less to figure out what I want to major/minor in, get my classes out of the way, then transfer to a college of my liking!

Hobbies when not swimming: Outside of swimming, I love to hang-out with my family and friends, eat, go to concerts, being obsessed with the best band ever Allstar Weekend and stalking them at their concerts, being obsessed with Jbiebs, pick out how many hot boys there are at every swim meet, talk to random people during swim meets, listen to tons of music, watch TV (especially GLEE, American Idol, Once Upon A Time, and Pretty Little Liars), go to the movies, dance, run track, sing, play tennis, drama club, play just dance at team dinners, lifeguarding at Chesterfield, sleepovers, swinging, going to the beach, tanning, relaxing, sledding in the wintertime, break dancing underwater with Brian Nelson during summer swim team, take pictures underwater, tubing, and so much more!

Most memorable swim: I don't really have a most memorable swim, but I love taking off time every meet that I do! It's crazy how much time I've taken off in every event I've swam in the past few years. To me, a most memorable swim is hard to pick out because there are SO many. I love swimming with all of my heart, and having SPY as part of my life for 9 years, it's very tough to pick out the best memory out! Having my friends from last year's graduating class and all of my friends now there at meets to comfort and support me when I didn't want to swim a certain event, etc. But, you could say during the CATY meet this year, I was hanging out with some of the younger kids, and we started doing the Cat Daddy before we swam, and I ended up taking off so much time, it was so fun! This is entirely the best team in the world.

Most memorable/funny moment: One year at Winterfest when I was about 9 or 10 years old, Khrysten and I were cooling down in the cool down pool before our next event, like way too close to our next event.



So, we noticed after we were done cooling down, it was in the middle of our event. We went upstairs and our moms told us to go down to see if we could swim. Khrysten did, and I didn't, I basically hid upstairs because I was so scared. It was just such a funny moment to look back on!

Also, back in 2009 at Connecticut, me, Molly Gallant, Aj, and Brenden went down to eat dinner at the hotel, and we were all pretty hyper for the next day to swim. Me, molly, and Kasia decided to annoy Aj and text bomb him, it was so funny! He got so annoyed and turned off his phone. Then once he turned it on, his phone kept on vibrating from like 200 text messages. After dinner, we went into the computer room and used the computers to chat each other, while we were all sitting next to each other) on Facebook, and creep on people, it was so great. I have to say this was one of the best SPY memories ever!

Another funny moment was also back in 2009 at Connecticut! The night of the parade, a group of us (Me, Molly, Kasia, Meghan, Aj, and Brenden!) decided to go and see "New Moon" the addicting movie one of the first nights it came out. It was so fun especially when you got to see Taylor Lautner's abs most of the movie!

I have to say there are so many funny memories I will always remember from swimming for SPY. The days where we played underwater baseball and half of us didn't know how to play even though it's played the same way as regular baseball, when we went to the park and played basketball, Frisbee, soccer, or just ran around one Saturday morning practice with Peter. Also, the days where we ran for dryland, and we did the Indian run, while we all cheered each other on!

I know that this is only supposed to be "One Most Memorable/Funny Moment, but there are way too many memories to pick just one funny one! It's been the time of my life swimming for SPY, and I'm so glad that I joined when I was 8, and nowhere else.

Best Event: Anything freestyle or breaststroke!

Favorite Set: I love anything involving Fins! Also, the fun day practices. But, if it has to do with a long set, I love stations and sets involving freestyle, breaststroke, and 100's IM.

Least Favorite Set: Anything to do with a lot of backstroke. Also, when we do a T-20, they're too long!

Pre-swim rituals: My pre-swim rituals are pretty much just the same as everyone's! I love to eat power bars, granola bars, or any kind of fruit before I get to the meet. But most of all, I'm addicted to sugar, so I eat candy which is probably not always a smart idea. At least it gives me tons of energy! I stretch for a long time. I always listen to music on the way to a meet, and about 10-15 minutes before I stand behind my block. I also spend forever on making sure my cap is on correctly, and all my hair is tucked inside of it, and that my goggles are on tightly!

Favorite meal before a meet: I love anything carb related before a meet I love to always have pasta to build up on carbs the day before our meet! I'm addicted to pizza, fruits, granola/power bars, and crackers. I also drink a ton of water, or Gatorade before a meet!

Advice for next year's graduating class: "Never Say Never", because you never know when something bad can turn into something good. Even if you don't get the certain times that you want, there's always the next time! Also, have a great attendance and stay out of drama. If you don't agree with someone's opinion, be calm and don't snap at them. SPY is like a family, there shouldn't be any fighting! I also know that if I have a bad day, that coming to SPY, I can always leave with a smile on my face. Never argue with any of the coaches, they're always right! When they ask "Any questions, comments, or complaints?" start asking many questions to stall time....well sometimes. Like Andy Grammar says "Keep Your Head Up", and of course HAVE FUN and good luck!!!!





Khrysten N. Stolins

High School: Broadneck high

Years on SPY: 8 years

College: accepted at IUP, but still undecided.

Hobbies when not swimming: I try my best to catch up on my sleep that I missed during the week, hang out with friends and family, going to the movies, and being on the boat

Most memorable swim: All of last year (2010) I tried so hard to qualify for the Capital Classic swim meet for 100 breast and 100 back but couldn't get the time, but for winter fest in 2011 I both of those cuts and the 200 back and 200 breast. I was probably the happiest person there that weekend.

Most memorable/funny moment: one of the funniest moment on this team was when we were doing stations and Caroline was up on the block and I grabbed a kick board and smacked it across her butt and left a welt. I felt bad after I did it but she was laughing, I was laughing, we were just having a good time.. Sorry again Caroline!!!

Best Event: well I don't really have a best event, but everyone says my 100 back or my 200 back is my best.

Favorite Set: My favorite set would probably be stations with Peter... but since he doesn't coach us that often my favorite set would probably be over under's and anything that had to do with back and anything with fly kick.

Least Favorite Set: My least favorite set would probably be when Jim got mad at us for not doing a set right and made us do 20 25s on :16 free... My other least favorite set is when Crystee makes us do 50 fast/150smooth 100 fast/150 smooth 150 fast/150 smooth and makes us do that like 5 times, oh and how can I forget 10 50s kick on 1:10 with shoes!

Pre-swim rituals: I would listen to music, watch people swim before me (not being creepy or anything) and stretch out my shoulders and legs.

Favorite meal before a meet: I would eat a thin bagel with crunchy peanut butter, a banana and milk/chocolate milk.

Advice for next year's graduating class: Don't argue with Jim, he will always win. When you see a hard set from Jim push for a challenge relay and he will usually give it to you, do everything right when he is coaching if not be prepared for the worse set of your life. When Crystee is coaching get there on time and get in the pool before your time runs out or you will be going home. When Richard is coaching, just be ready you will never know what he has up his sleeves. Oh and have fun and enjoy your time left on this team because it is pretty much your second family, even though we have our problems there is always the people you swim with to talk to and make you feel better about what happen. Enjoy every minute you have with your team mates because you will never know what will happen tomorrow.



Jared Wasserman

High School: Severna Park High School

Years on SPY: 1

College: Undecided

Hobbies when not swimming: Longboarding, Sleeping, Eating and Hanging out with my friends.

Most memorable swim: My most memorable swim was at 2010 Capital Classic right before my 200 Butterfly I was standing behind the blocks and my cap ripped so I had to run all of the way back to my chair and get a new one and when I got back to the block my heart was getting on the blocks so I hopped up on the block and all of my adrenaline was rushing when the starter said take your mark. I then dove in the water and made my first YMCA Short Course Nationals cut.

Most memorable/funny moment: My most memorable moment has to be when I was dressed up in my YMCA Shortcourse rookie costume. I was dressed up like a diaper with a bib and bonnet.

Best Event: 200 Butterfly

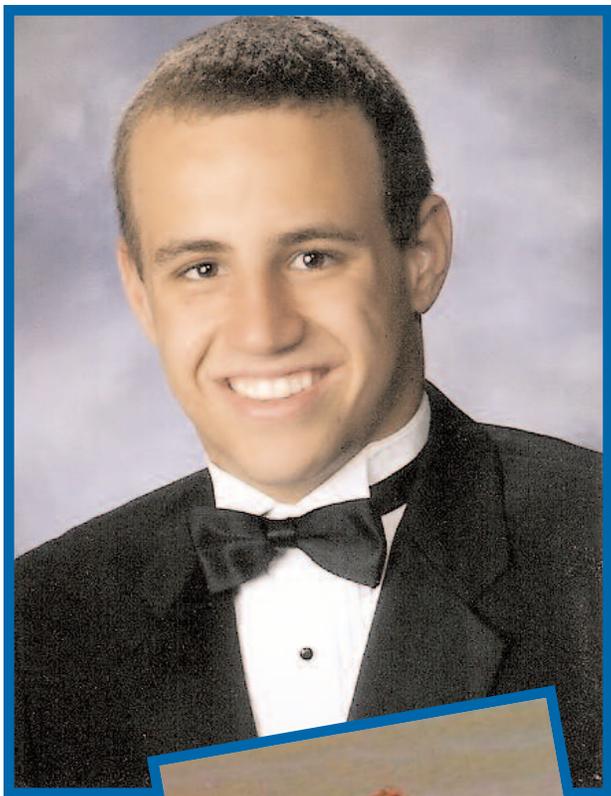
Favorite Set: Test set because it shows me how far I can push myself until I can't go any harder.

Least Favorite Set: Timed Miles or T-30s. Anything Distance really.

Pre-swim rituals: I like to put my headphones in and listen to my music full blast until about 20 seconds before I swim. I put them down and block out all other noise. I am totally focused and am ready to swim.

Favorite meal before a meet: I like to eat Fettuccini Alfredo and a lot of water to keep my system clean.

Advice for next years graduating class: Have good practice attendance and get your applications done early





Victoria Wood

High School: Broadneck Senior High School

Years on SPY: 8

College: University of Vermont

Swimming in College: Yes! Go Catamounts!

Hobbies when not swimming: When I have time (which is rare occasion...) I like to spend it with friends, family and this kid named Jack Bremer...

Most memorable swim: My most memorable swim was in 2008 at finals for the 100 backstroke at Wilton. Going into the race all I wanted to do was try to beat the girl next to me and maybe get a best time, but what hadn't cross my mind was making short course nationals. After I finished the race, I went over to Crystee who told me that I might've made Nationals. I was so shocked that at first I thought she was joking, but she congratulated me and told me she was pretty sure I had made it. Up until then, States had been the biggest meet I had ever been to, so making Nationals was a pretty big deal. I was certainly shocked, but still extremely excited. The feeling however, lasted about an hour until Crystee found out that I had made last year's cut, not this year's national cut time. Instead of being upset, I thought it

was the funniest thing I had ever heard. Although the feeling after my swim at Wilton was short-lived, it was still one of the best feelings in the world.

Most memorable/funny moment: Although I have had plenty of memorable moments on this team, (my "incident" at Winterfest, the girl's locker-room antics and everything in between...) the most memorable moment was when Jenna made Nationals for the first time in the 200 freestyle. Now, for those of you who do not know her, she is one of the hardest working people I have ever met. For months she trained, trying to make it but each race she ended up falling just shy of the cut time. At districts, our whole team lined up to watch her swim and when she made the cut time, we all literally went crazy. She deserved that cut more than anyone and I was so happy that I balled my eyes out for half an hour and then sobbed for another half hour afterwards. If she hadn't known me like she does, she probably would've thought that I was insane for crying hysterically and telling her I was so proud of her over and over again. It all was pretty embarrassing, especially considering it was in front of everyone not including our team and I was more emotional when she made her cut time than I ever was in making my own. To this day, I still get chills thinking about that race. At that moment, there was a kind of comradery that only comes from truly loving the people whom you shared moments like these with and having the knowledge that through anything, they would always be there for you.

Best Event: 50, 100 and 200 Backstroke

Favorite Set: Kicking sets, spyopoly, anything backstroke related, STATIONS

Least Favorite Set: Usually Richard's Thursday morning "chart" practices, distance sets, pull sets and (sorry Crystee...) kicking with shoes

Pre-swim rituals: I tend to listen to music (at excessively loud volumes) and dance behind the blocks. I also like to drink Gatorade and stretch in between a few warm-ups. With relays, we all pump each other up and when Nicole Provenza was on the team, we would blast "Hakuna Matata" or whatever it is that we could dance or sing along to. Even though Nicole has graduated, we still try to keep the tradition going. She always used tell me to visualize "being Kendall Farnham because she can do anything." I also tend to dougie..... A lot.

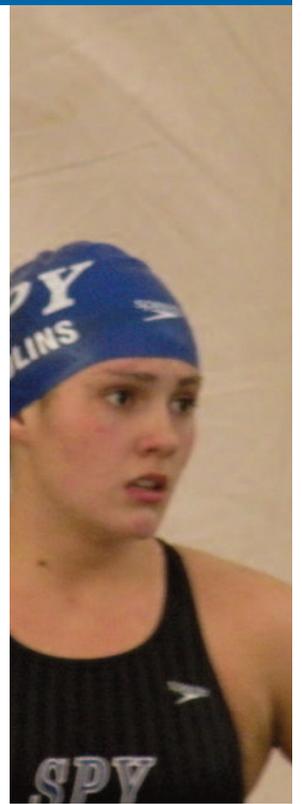
Favorite meal before a meet: I eat pretty much anything and everything... But I guess pasta is always good to eat before a meet?

Advice for next years graduating class: As far as practice goes, make sure you take dryland seriously. It helps more than you think. As far as competing goes, each race is a new race. You may have a horrible swim where you add 10 seconds, DFL and get a nice little lecture (or worse, the silent treatment) from Jim, but take that race and learn from it. You will probably have hundreds of more races throughout

your swimming career, so instead of getting upset, learn what you need to fix so you can improve upon it. As far as everything else goes, learn to lean on each other. This team is more than just a swim team, we are pretty much family. You won't realize until you are on the countdown to leave for college that the people who you have met and learned to love on this team will eventually go their separate ways; so make the best of the time you have. Yeah, there is no denying that we fight and bicker like a family, but we also love like a family and if there is anything that I have learned on this team it is that the support system you have here is amazing. Take advantage of that.







Senior Superlatives

Best Car: Tori

Worst Car: Jack

Best Role Model: Khrysten

Most Serious: Marissa and Norm

Most Likely to get Lost: Michaela

Most Likely to be Eating: Jared

Most Likely to Swim Masters: Jenna

Most Likely to be at Practice: Matt

Shyest: Courtney

Most Likely to skip Practice: Jared

Loudest: Jared

Most Spirited: Courtney

Jim's Favorite: Jack

Crystee's Favorite: Matt

Richard's Favorite: Tori

Most Likely to Cheer you up: Jenna

Most Cynical: Norm

Best Smile: Matt and Tori

Most Likely to be Asleep: Nick

Most Awkward: Norm

Most Positive: Khrysten

Most Likely to make you Laugh: Matt

Most Likely to be Late: Nick

Most Likely to be a Stalker: Courtney

Most Likely to be Early: Jenna

Hardest Worker: Khrysten and Matt

Missing in Action: Jared

Most Likely to Talk back to Coaches: Jack

Best Hair: Tori

Most Likely to know the Answer: Michaela

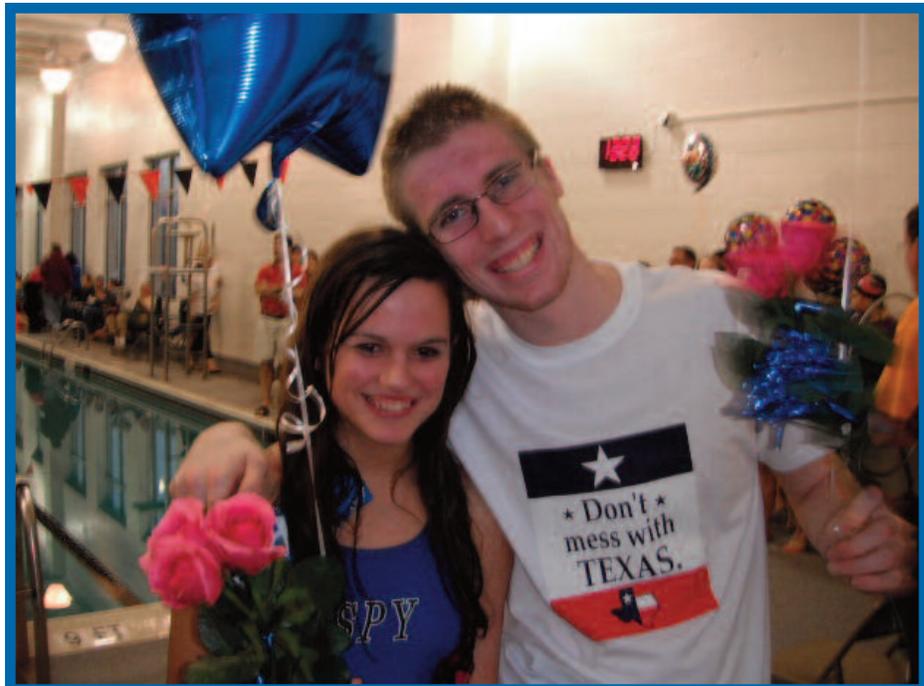
Most Likely to Embarrass themselves: Marissa

Most Likely to miss Saturday morning practice: Nick and Jared

Most Likely to be Studying: Michaela and Marissa

Most Changed since Freshman Year: Marissa

Most Likely to be Successful: Jack and Michaela





Farewell thoughts about our seniors from Jim:

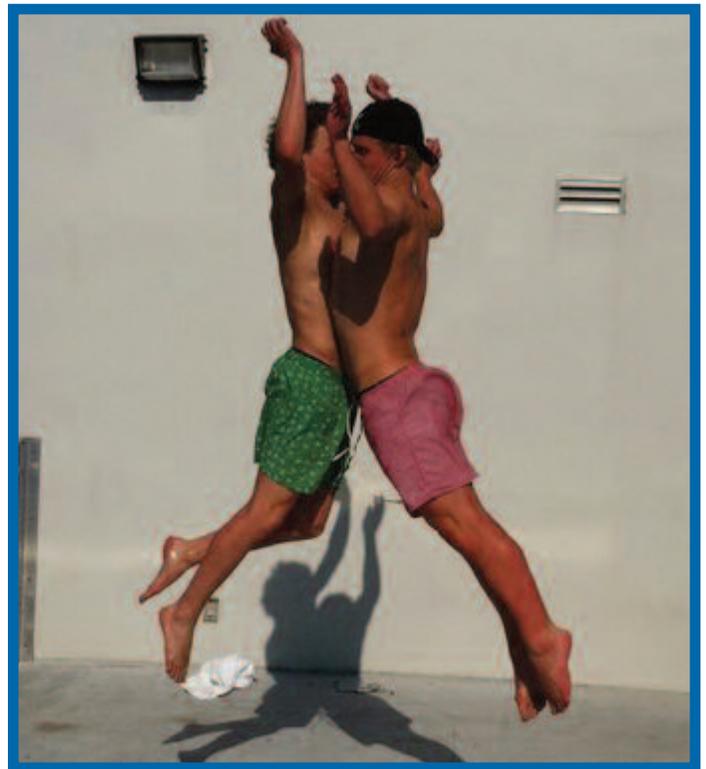
Jack Bremer: You have been one of the biggest pleasures and biggest challenges of my coaching career in terms of both technical and motivational techniques, and hopefully we have learned a lot from each other. Your talent is unquestioned, and hopefully you will find Cornell a refreshing new start as you continue your swimming career. Try to take care of your feet and intestines (it's hard to believe you can swim some days with what you eat...), and now you'll have a whole athletic training staff for your personal stretching needs at college (since Jenna and Tori will be several hours away)! You will undoubtedly be very successful in life, and I am glad to have been your coach and to have tried to give you some pointers along the way.

Norm Crone: I am honored to have had you as a part of our team; you have made the most of your ability, and always provide a level of maturity and good spirit to team functions, swim meets, and practices. You will always be fondly remembered at SPY – from your slight clumsiness when none of the other Investigators could swim in your lane without fear of bodily harm to advancing into a higher training group as a senior with so much else going on in your life. Good luck in college, and we hope to see you often.

Michaela Cunningham: Undoubtedly one of the smartest, most intelligent swimmers we have ever had in our program (National Merit Finalist? I won't go against YOU in It's Academic). Your future is extremely bright both in and out of the pool, depending on which school you finally grace with your presence. I think we finally convinced you that there are loftier goals in swimming than being on the Shipley's Choice record board, and you obviously have made a brilliant career choice in starting a coaching career at Shipley's...no doubt the wealth and national recognition that comes the way of all swim coaches will be yours soon!

Marissa Hand: I remember when you made the team for the first time, and how we were wondering if you were willing to step up and work hard since we didn't take too many 13-14 year olds. You have made me very proud with the work you put in last year to become a national swimmer, and also with your willingness to represent the team whenever you can at major events. You are a great ambassador for our team, and I know you will do big things on whichever stage you ultimately choose.

Jenna Kirchoff: Truly the glue that has held the team together. It has been a pleasure to coach you (and coach against you in the summers) for the years you've been on the team. You have learned a lot, demonstrated a great work ethic, and enjoyed a fair amount of success, and yet there is room for you to grow as you move on to Rhode Island. You have been a leader both in word and by example for this year's team, and you have learned a lot about leadership in the past few years that will serve you well going forward. Still gotta work on that kick, but you have proven to be mentally strong and physically willing to do whatever we need from you as a team (remember when you only would think about freestyle? I have a feeling that you will be begging for IM sets after about three months of college training), and I will always remember that most fondly about you.



Nick Kline: Having known you since you were seven or so, I have seen you grow into a responsible, hard-working young man that should go far in life on work ethic alone. I hope that being a part of our team has helped develop personal skills that will take you far along your road in life: respect, discipline, and persistence. I also hope you choose a career that is not dependent on morning effectiveness...maybe a job as a night supervisor or MIS systems analyst (lots of after-hours tech work for you, and sleep while others are working!). Good luck in all of your future endeavors, and I will miss your caring, accommodating presence around here.

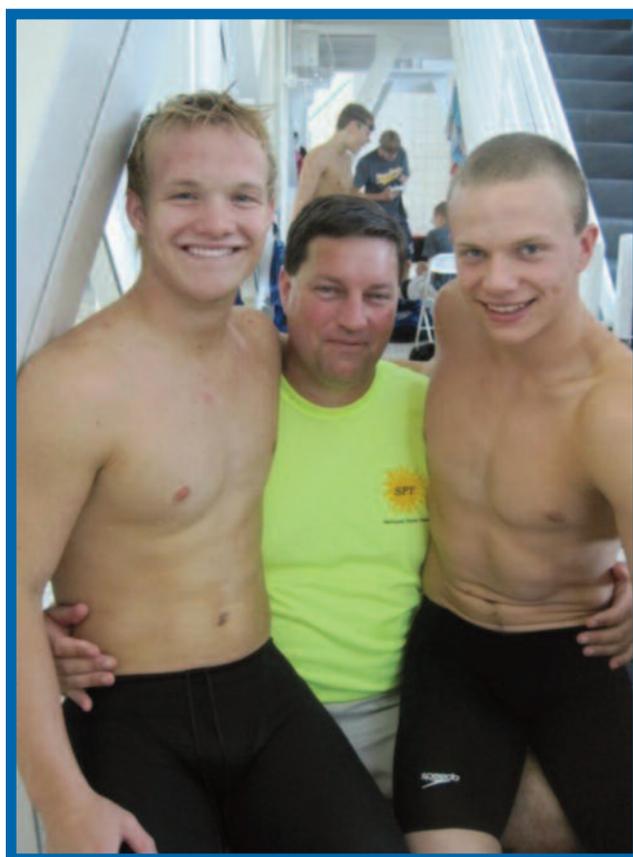
Matt McKenney: Although it's only been two years, it seems like you've been a part of our team forever. I'm glad we were here for you when you needed a fresh start in the pool; I hope you've found as much happiness at SPY as you've brought to the team with not only your talent, but your spirit, high-jinks, and work ethic. I know many people will miss you next year around here...and I have a feeling that you will miss a lot of us also by the time Pat gets a hold of you for a few months. You are always welcome, and I hope you come around often to talk swimming and talk football during the fall – even if it is the Redskins.

Courtney Miller: It's really sort of bittersweet to see the last of the Miller clan grow up and leave for college next year. Although swimming was not always the top priority in your life, you were always very honest about that and never stinted on your support and love for the team at large. You deserve every success going forward, and you are a great example of not needing to be a great swimmer to be a great SPY. Good luck to you always, and I know Nick Allen would be really proud of how you turned out as a swimmer and young woman!

Khrysten Stolins: Despite a rough senior year with injuries, you have acquitted yourself well and accomplished the goal you told me about when you were a freshman in high school – you became a member of the Spies group. When you look back on that effort and the work that being a member of such an elite group entails, I hope you find solace and strength in knowing that those skills will carry you a long way in life. You are always there, on time, and ready to go at practice and at meets – and many people notice those things and appreciate them. Good luck always, and we will always be here for you in the future!

Jared Wasserman: Someday some coach is going to find the right buttons to push on your motivational keyboard, and your truly phenomenal talent is going to explode onto the swimming world. I hope your time with us has been something you will remember with fondness as you move on, and that you find the path you want to follow despite all of the distractions that sometimes life can throw your way. You are a real talent and have so many God-given gifts – use them to the best advantage you can next year and for many successful years into the future.

Tori Wood: You've had a unique experience at SPY, and I will always remember the great times and the frustrating times you've had with great pride. You have been a part of some phenomenal teams, and have met some great people both in and out of the pool while on our team. I think college will be good for you, and I think you've made a great choice in choosing Vermont in terms of what you can do for that program and what they can do for you. Good choices are a tradition for you...do you really think you would have had as much fun playing lacrosse?? I look forward to hearing of your exploits when you come back for meets at UMBC or to visit us on breaks, and hope you're ready for a big last push through the spring and summer a leader of our team in the water and an ambassador for our team outside of the pool.



Farewell thoughts about our seniors from Richard:

Courtney Miller: Courtney, I'm not quite sure you spoke to me until my 3rd or 4th year coaching! However, I'm glad you've come out of your shell the past couple years. You get along with EVERYONE on the team, which is quite impressive. You've always been a consistent swimmer at practice who definitely sticks to your own pace. I hope you continue to be such a happy easy going person and good luck next year!

Jared Wasserman: You are one of the few swimmers that defies logic. You have, let's just say, a moderate practice attendance, yet somehow manage to continue improving with dramatic fashion at a national level. You're a very naturally gifted athlete and although you're already a very successful swimmer, I think you will find out that if you put in a little extra time, you might just surprise yourself with how fast you can become. Best of luck next year!

Tori Wood: I remember joking and telling you "Lacrosse was the devil!" when you were younger. I'm sure you were an excellent Lacrosse player but I'm glad you decided to pursue swimming! You have one of the most effortless looking backstrokes and definitely maximize your strength in the water. I'm confident you'll excel in college...maybe even become a 200 flyer? I've enjoyed coaching you at Spy as well as coaching with you in the summer at Oakleigh Forest. Have fun at college!

Krysten Stolins: Your continually one of the hardest workers at practice, even when I dream up some diabolical set, you always push forward. I'm glad you made your "Raleigh" cuts this year as all the hard work has started to pay off. I know you'll succeed at whatever path you choose in college as your determination won't let you fail. It's always been fun to coach you at practice as you generally leave with a smile. Good luck in the future!

Michaela Cunningham: I remember the year you almost skipped Short Course in Ft. Lauderdale...then you saw the light! Glad you decided to go. You've always been fairly quiet, but have definitely begun to speak up a bit more in recent years. I know you put a lot of thought into your stroke, but sometimes I think you do better when you relax and go with the flow. It's been fun watching you excel in new strokes over the last few years and I hope you have a great time at college!

Jack Bremer: The last of my teammates from the 2000-2001 Spy swim season! You've had quite the successful run throughout your time on Spy. I think you're an incredibly talented athlete with enormous potential which I hope you unlock as you move forward into college. I must say you might have some of the best Thursday morn-

ing practice attendance on the team, perhaps we'll do stations before the end of the year. Best of luck in the future!

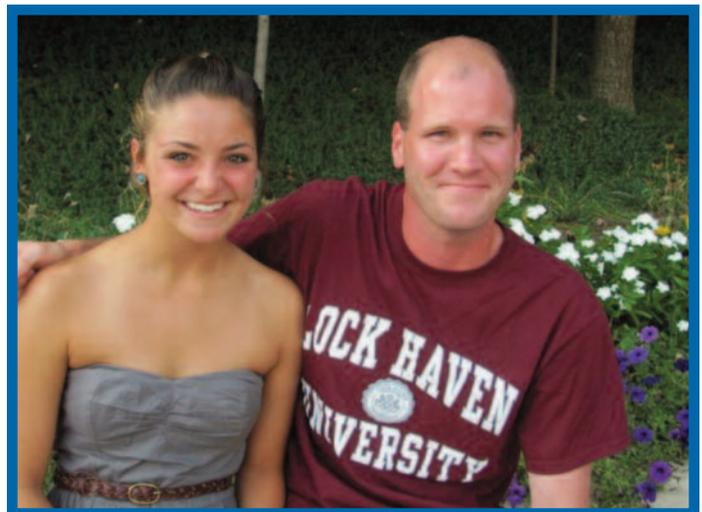
Jenna Kirchoff: The anchor of our amazing coaches medley relay this summer! You've definitely taken huge steps over the years and become quite the freestyler. I remember your 1000 free last year at districts where you not only got a best time and National cut in the 1000, but also got a best time in the 500! One of the more impressive swims in recent memory. I've always enjoyed coaching you at practice and best of luck next year!

Marissa Hand: Who is going to represent Spy and sing the national anthem next year? You best pick a replacement before you graduate! You've really dropped time the last two years and I think a large part of that was your improved focus and dedication to swimming. Congratulations on getting accepted to UVA! Best of luck next year wherever you decide to go.

Norm Crone: A man of many talents. You've managed to balance several other activities with swimming and still do very well, not a task everyone can achieve. It's been a pleasure to coach you as you're always willing to listen and work hard to get better. Keep up the balancing act of life and good luck in all your future endeavors.

Matt Mckenney: I remember the first time I met you at practice when you were looking into Spy, and you finished up by thanking me at the end and shaking my hand. I was so impressed...and then that never happened again! But seriously, I'm glad you ended up at Spy because you've been an outstanding addition to this team and are a very easy-going thoughtful swimmer. You've provided great leadership by example and that will be hard to replace next year when you're gone. Good luck!

Nick Kline: One of the hardest workers in the weight room. You've really improved over the years and I think much of that came from your strong desire and motivation to get better. Rarely do I ever remember you complaining at practice, even when it was a long kicking set. It's been fun coaching you and best of luck in the future.



Farewell thoughts about our seniors from Crystee:

Tori Wood: Can't believe you are graduating. I remember when you were probably 10 years old and a certain someone was all googly eyes on you and you had no idea! Because of you I will NEVER tell a kid they have made Nationals unless I get a 2nd and 3rd opinion! It has been fun coaching you! Good luck next year!

Jenna Kirchoff: Jennnnnaaaaaayyyyy! I have enjoyed coaching you over the years! I will miss our Tuesday am Bachelor/Bachelorette chats! Keep up the hard work and best of luck at Rhode Island next year!

Khrysten Stolins: You are such a hard worker and so dedicated. Even with this years set back, you still stay positive and love what you do! You really love swimming and it shows! Best of luck next year! You will be missed!

Courtney Miller: Wow, you are graduating! It has been great coaching you over the years! I am glad you enjoyed your time with SPY! It shows and you seem to have made a great impression on the Investigator group. Good luck next year!

Jared Wasserman: Glad you came to SPY! I feel like I have known you since you were 5, probably because I have. Good luck next year! Be good ☺

Matt McKenney: So glad you found your way to SPY. You are such a hard worker and it has been fun seeing what you can do at practice! You have been a great asset to SPY and to the SPIES group! Best of luck next year! GO TIGERS! Maybe I will see you at the TSU Alumni Meet... hahahahaha!

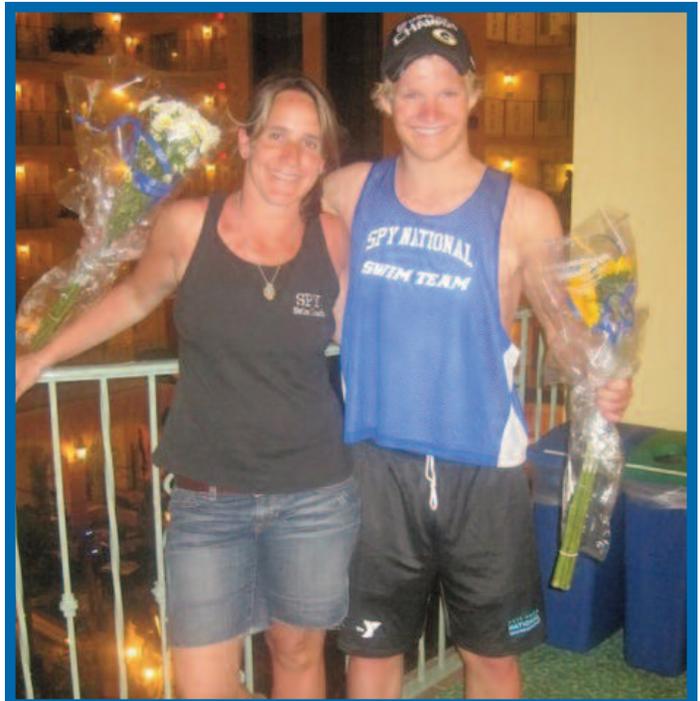
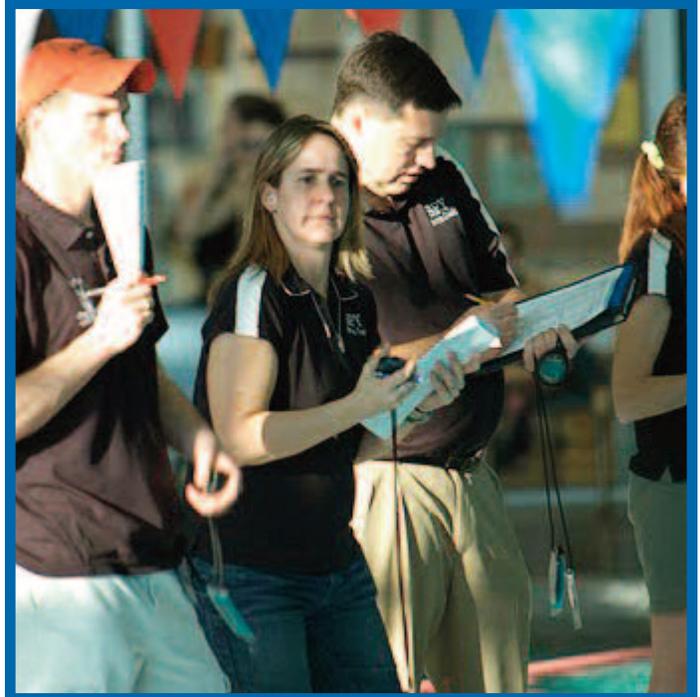
Jack Bremer: CUPCAKE (as you are known in my house ☺) It has been fun coaching you and traveling the country with you. Invictus... most motivational movie ever! MARTA. The elevator in Atlanta, ahhhh! Oh, and don't forget the mustang in California, IN:N:OUT Burger and Hobe's. Good luck next year! Go BIG RED!

Michaela Cunningham: SPY's Flying Squirrel ☺ I am so glad to have gotten to know you over the years. You are so strong and so fun to coach. You have had some ups and downs but you always seem to come out on top! I hope you have found a replacement for your Holiday sticky buns, cupcakes, etc! Good luck next year! Come back and see us!

Norm Crone: You have come so far in such a short amount of time! It has been fun coaching you! Sorry I never carry cash! Maybe because of you, I will start! Good luck next year!

Nick Kline: It has been nice getting to know you over the years! Keep working on setting that alarm about 5 minutes earlier! Best of luck in your future!

Marissa Hand: You have gotten so fast in such a short amount of time. You seem to be able to set your mind to something and achieve it. That has impressed me over the years. Best wishes next year! Come back and visit! Oh, I want to see that crazy walk stretch before you leave☺



LETTERS FROM THE JUNIORS



From Alex Crone:

Dear Courtney,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with AACC and whatever else you are going to do with your life. You are a great friend, even if you're not the most dedicated to swimming. (Saturday mornings) I've had a crapload of fun with you this year at spy and coffeehouses and summer meets. Have fun with life.

Dear Jack,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with Cornell and whatever else you are going to do with your life. The worst part was not getting to know you better. You are a great role model. My biggest memory of you was when I was still trying to go subminute 100 free and you went sub-minute at the end of a 400 IM at Winterfest. Thanks for the great year I wish I got to spend more time with you guys. This is a great group and I wish you the best.

Dear Jared,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with college, wherever you are going, and whatever else you are going to do with your life. You were really fun to hang out with this year. The worst part was not getting to know you better. I wish I got to spend more time with you guys. This is a great group and I wish you the best.

Dear Jenna,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with Rhode Island and whatever else you are going to do with your life. You were an awesome captain and really welcoming with all the questions. The worst part was not getting to know you better. I wish I got to spend more time with you guys. This is a great group and I wish you the best. Thanks.

Dear Khrysten,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with college, wherever you are going, and whatever else you are going to do with your life. I always had a fun time on swim team with you. You were really welcoming to me as the new guy coming up. The worst part was not getting to know you better. I wish I got to spend more time with you guys. This is a great group and I wish you the best.

Dear Marissa,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with college, Delaware or Virginia or wherever, and whatever else you are going to do with your life. The worst part was not getting to know you better. I wish I got to spend more time with you guys. This is a great group and I wish you the best.

Dear Matt,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with Towson and whatever else you are going to do with your life. I love how fun you are and it made it easy to transition to spy. The worst part was not getting to know you better. I wish I got to spend more time with you guys. This is a great group and I wish you the best.

Dear Michaela,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with college, wherever you go, and whatever else you are going to do with your life. The worst part was not getting to know you better even though you don't like backstroke. I wish I got to spend more time with you guys. This is a great group and I wish you the best.

Dear Norm,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with UMBC or Ithaca or whatever and whatever else you are going to do with your life. I'm extremely proud to have you as a brother. Thanks for driving all those practices. I love your dedication and passion for swimming. Thanks.

Dear Tori,

This year on SPY has been great. I've enjoyed hanging out with you and all the others. Good luck with college, wherever you are going, and whatever else you are going to do with your life. You were an awesome captain. You made moving up really easy with all your texts. The worst part was not getting to know you better. I wish I got to spend more time with you guys. This is a great group and I wish you the best. Thanks.

From Kevin Huntley:

Nick Kline-

Honestly I don't know how you can fit so much muscle into such a small body. It's seriously unreal. To this day, I don't understand why you chose not to wrestle- I'm positive you would absolutely run train on anyone else. But back to swimming... We've had some pretty good times, from back in the Investigator days with our "dream team" lane, to finally getting moved up to SPIES, you've been there the entire time I've been on SPY. I'll never forget my first districts when I kept looking over in backstroke to see where you were next to me so I could try to beat "that crazy kid with the windmilling arms". Best of luck wherever you decide to college.

"Wait what?"

Your friend,

Kevin

Matt McKenney-

For real, you're one of the best all-around athletes I've ever met. I'm so glad you decided to come to SPY two years ago, and it has been great getting to really know you. I still think you defy science, as your body shows no signs of ever producing lactic acid. I'm pretty sure I have never seen you wholeheartedly warm up or cool down, and you still swim faster than everyone, even on the last day of a meet. I remember last year when we had that woman come record our starts on video so we could review them, and you did your start and her eyes pretty much jumped out of her head. I will never forget her face then, or her confusion when she was reviewing the video because it looked like your back broke in at least 3 places. Anyways, I love swimming with you, and I hope you have fun at Towson next year.

Your friend,

Kevin

Coach Jenna Kirchoff-

So many great memories, I don't even know where to start. I remember when I was still an Investigator, and I was at my first long course meet at St. Mary's. You came up to me and started talking to me about swimming, and how I liked SPY and stuff like that. I had no idea who you were, and you just made me feel so welcome to the team. I'm going to miss our on-the-way-to-Einstein's chats, and (even though it was just one year) running away with the county championship with NCA. I hope you have a great time swimming in college the next few years, and say hi to Mr. Vagts for me.

Love,

Kevin

Jack Bremer

Seriously, you were probably the most intimidating person I had ever seen when I first joined SPY. Your legs being the size of tree trunks and the whole hair-on-your-chest-at-the-age-of-12 thing kinda threw me for a while. But now that I've gotten to know you better, I now realize that you only are actually that scary when the Packers lose or you have a bad swim. Took me a while, but I figured it out. But I'm glad we've become good friends over the short time I've been a SPY. I'll really miss you next year, as will the rest of the team. Best of luck at Cornell, I promise I'll visit; especially for a recruiting trip as you promised.

Love,

Kevin

Victoria-

You mean more to me than you'll ever know, and there is no way I'll ever be able to thank you for everything you do. Looking back, I can't imagine these past two years without you. But really... You've been one of my favorite people on SPY ever. You're always there to comfort me after a bad swim and congratulate me after I better my time. You always have something positive to say to everyone, and it really does make a difference. Bummer Vermont doesn't have a boy's team, but I'm sure I could find some excuse to visit you anyways.

Love,

Kevin

Norm-

The definition of gentile giant, you are one of the most polite people I've met. Not once have I seen you walk through a door without holding it open for the next person. However, you are quite the monster in water polo. Maybe it has something to do with being twice everyone's size... Anyways, have fun in college, wherever you decide to go.

Your Friend,

Kevin

Michaela-

So many Shipley's memories. From the swim team that I was far too lazy to help coach, to riding back and forth to practice before you got too fast for me and got moved up to SPIES, leaving Katie and me alone, you were always there. You are one of the smartest people I know, and if you don't graduate at the top of your class, I will be disappointed in you. I expect nothing but the best. But honestly, I hope you love college, and leave some room to have a little fun while you're there!

Your Friend,

Kevin

Courtney-

I've known you since I was an Investigator, but unfortunately we haven't been able to spend much time together. You're a very nice person, and I have never heard anything bad from you or about you. I hope you can come out of your shell in college and go as crazy as you do on Facebook!

Your Friend,

Kevin

Khrysten-

You have the most awesome Jeep I've ever seen. It just fits your personality so well, and it's almost like it's a part of you. Anyways.... I've really enjoyed being on SPY with you. You stay out of the drama, and never whine or complain about anyone. I hope you have fun in college!

Your Friend,

Kevin

Jared-

Where to begin..... Since I met you, you have become more and more... for lack of a better term, interesting. Whether it be the gauge in your ear to your miraculous 200 butterfly at Capital Classic, you never cease to amaze me. I have got to get in on that training technique of yours, though. The whole "don't do half of practice and go ridiculously fast at meets" thing sounds pretty awesome. Anyways, I hope you have fun in college, and do what makes you happy.

Your Friend,

Kevin

Marissa-

50 free is not an event. I just thought I'd say that one last time. But anyways, I've really enjoyed being on the same team as you. So many memories, both at SPY and that other team that we aren't allowed to talk about in front of Jim. It's all been great, and I hope you find the college that is right for you.

Your Friend,

Kevin

From Molly Gallant:

Dear Courtney,

I'm never going to forget the time when Mary, you, and I went to Evergreen, and bought an entire tub of Rita's strawberry ice, which I think I ate 90 % of, but that's beside the point. I can't believe that you're actually graduating, from school and from SPY. It doesn't seem so long ago that we were at Wilton seeing Twilight movies, or freaking out because we weren't allowed to swim 50s anymore. We've grown up together a lot on SPY, and I'm really going to miss having you and your joyful demeanor around. I think you're going to have so much fun in college, and I hope that somehow you fulfill your lifetime goal of meeting Justin Bieber.

Dear Matt,

I haven't really gotten to know you very well over your time on SPY, and to be honest, for most of this year I thought it was really weird how you liked to throw pull buoys at the window. I felt really stupid when I realized that you were actually trying to get things down that had become stuck up there. But anyways, I've really come to appreciate the way that you support the team. Best wishes for everything you may do after high school. And congratulations on your Juniors cut!

Dear Jared,

I've really had fun getting to swim with you, both on Spy and for Seaverna Park. And of course I've thoroughly enjoyed our hysterical spats about communism. Just remember that it's bad. I wish you the best of luck for your post-high school plans. But please keep working on your Tiny Wings score; I think I've officially beaten it.

Dear Nick,

I think it's an official tie in the competition to be the absolute worst kicker on the team. What am I going to do when you're gone? I mean, who else could possibly understand the incapability to move any faster with a kickboard? I think you'll do very well in college. Just don't forget everything you "learned" in our chemistry class, like how many pieces of paper it actually takes to kill a tree. Best of luck!

Dear Khrysten,

Out of all of the seniors on SPY, I think that you'll be the one I miss the most. Your work ethic is truly inspiring and unlike one I've ever seen. I remember on one of my first days in the SPIES group, we were in lane one, swimming a sprint freestyle set, and you literally forced me to go first. I probably worked the hardest I ever have on that set, because you reminded me that I could do it after every 100. It just showed how much you care about your teammates, and how you genuinely want everybody else to do well. I'll never forget the time when you were trying to make a Raleigh cut in the 100 breaststroke and you missed it by like .02 three times. And then after Raleigh was over, at

Winterfest, you cut off like two seconds and smashed the cut time. It's funny how when you take the pressure off yourself, the things you're striving for in life come when you aren't looking for them, and I hope things will continue to surprise you that way. SPY won't be the same without our UMBC carpools, or all of the other unforgettable things, like the time your mom drove us home from Wilton, and I ordered ten times too much fried chicken which I ate between our philosophical conversations. Thank you so much for being a great friend, and such a selfless person. Best of luck in college and in life. No one could do better.

Dear Michaela,

My pulling buddy. Since I'm not supposed to tell you you're smart, because apparently it'll mess up a child's psychological development, I'll tell you instead that you work REALLY hard. I'm so glad I got to know you this year. All the lunches we had with Katie, Adam, Kevin, and Bennett resulted in some hysterical conversations. I'm never going to forget my first day in the SPY group, when you gave me my team "initiation." You and Tori were spitting water at each other as you came to the wall, and on one of the 50s, Tori stopped in the middle of the pool so I swam past her to the wall. Thinking I was Tori, you spit a mouthful of water in my face, which completely terrified me. Since then, I have realized that you just have an uncanny talent for spitting water, especially when a competition with Katie is involved. Oh, and I must take this opportunity to thank you for driving what some of our teammates would consider slow in the morning. Whenever you drive in front of Marissa, it makes me feel a whole lot safer. I can't wait to hear about what you do in college, because I have complete confidence that you'll do great things. Best wishes!

Dear Marissa,

It's been so much fun to swim with you on both SPY and SP. I think I was probably the only one who thought it was completely normal of you to print out a picture of Margot Manning the day before states because you wanted to beat her in the 50. I'm guessing you probably slept with that picture under your pillow for good luck. I remember finishing 2-3 in that race, and being so excited. We've been in many relays together, and many carpools, and from that I'm already guessing that your college friends will establish their own version of the 7 a.m. rule. I'm so much going to miss our delirious morning Einstein rides, and I'll never forget the morning when we came back to SPY for a ten minute rest sesh after our Einstein's practice. In all seriousness though, I'm really going to miss having you on the team. Good luck in college!

Dear Jenna,

I remember when we met right before I started SPY. You were the Middle School SGA Vice President, and I was a secretary. And I remember when I first joined SPY I thought that you were like the fastest person on the team, and I felt so cool because I knew you. Since then, you've been a wonderful captain and a wonderful teammate. Thank you for the car rides to and from practice at sporadic

times, and thank you so much for helping me with my flipturns. I've loved hearing all of your funny stories, and I look forward to hearing more when you come back to visit. I will say Josh has a future as a New York taxi driver, but I'll never ride in car with him again. (His driving style is just a little too enthusiastic for my liking.) But anyways, I cannot wait to hear about your time at URI, literally I am so excited for you. Best wishes, you'll be incredibly missed.

Dear Jack,

When I found out that you'd been using my sneakers for Crystee's practices, while I was on hiatus from shoe sets, I thought it was the funniest thing I'd ever heard. Well actually, I felt very awkward having to ask for my shoes back, (I felt like Bigfoot), but looking back it was hilarious. Thank you for being such a hard-working captain. Best of luck in your college years!

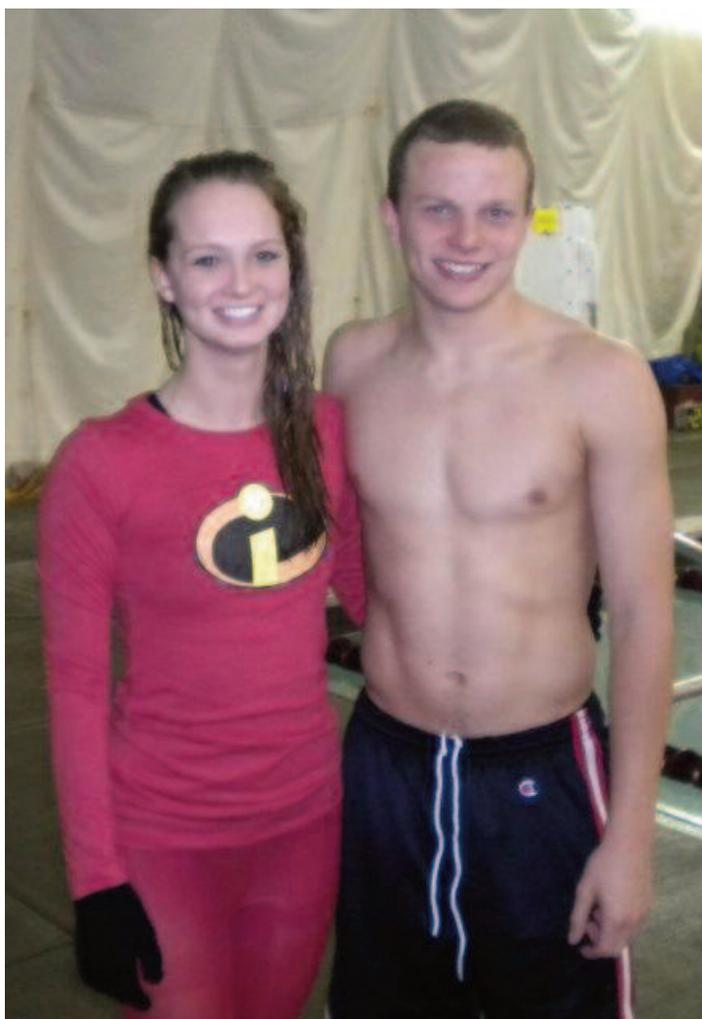
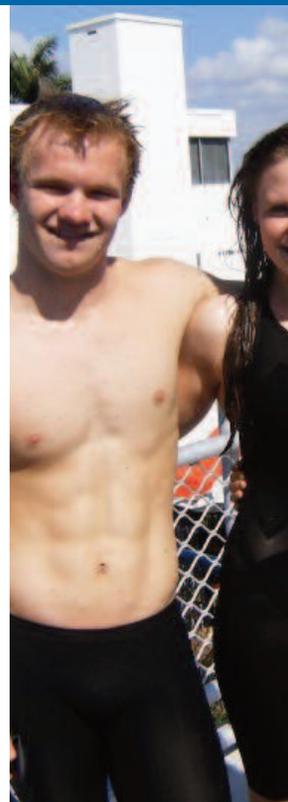
Dear Norm,

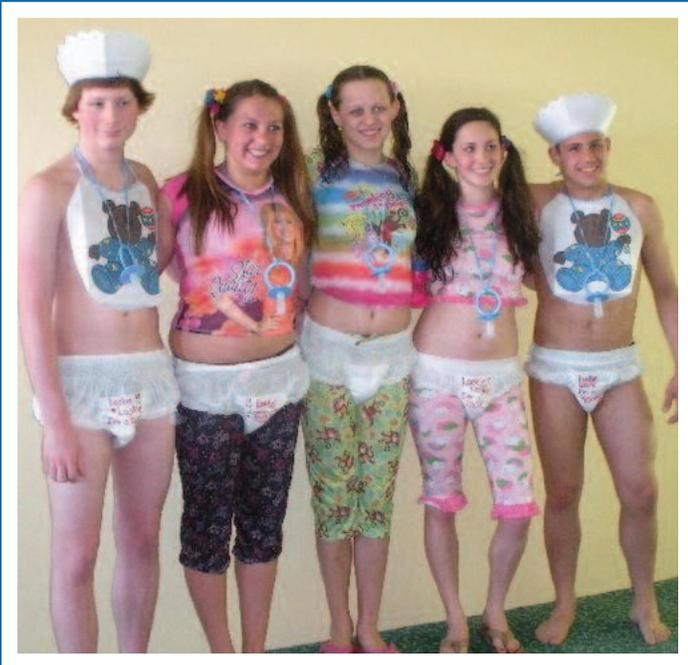
I always laugh thinking about last year's SPY banquet when you and Courtney were standing at the microphone talking about Ashley giving her her senior gift. Courtney had gotten the gift which consisted of lotions and soaps and what not, but for whatever reason, you ended up talking. Being at a loss for words, I think you told her that she smelled nice literally five times, and it was hysterical. You just have an overall optimistic demeanor, and the fact that you are willing to drive your brother to so many practices speaks a lot of you. I will never agree with you though, the 200 free is NOT a sprint. Good luck in college! It's been fun swimming with you!

Dear Tori,

I remember last year at YNATS after a particularly bad race, you were the first to make me realize that it was okay. You give some of the best pep-talks I've ever heard in my life. Like seriously, I think I'd lose a race purposely just to hear another one. I'm so glad that all of your college plans worked out for you, and I hope you have fun swimming up in Vermont with the other Tori Wood. I've been able to talk to you about a lot this year, and I'm really going to miss having you on the team. I will not, however, miss your rapping "skills", as portrayed in the YNATS video. As sad as I am to know that you're leaving soon, I know it's a good thing that more people will be lucky enough to know you. Thanks for being such a great captain.







We'll miss you!