

**SPY**  
**Seniors**  
**2014**





## **Seniors**

Allison Atkinson

Alden Bauman

Meghan Bohny

Caroline Evans

Dougie Kogut

Pierce Muessig

Grant Murray

Katie Parker

## **SPY Captains**

Katie and Alden

# SENIORS 2014



## Allison Atkinson

**High school:** Archbishop Spalding

**Years on SPY:** 9

**College attending in the Fall 2014:** undecided

**Hobbies when not swimming:** When I'm not swimming, I'm usually sleeping, at school or spending time with friends and family. I really enjoy jet skiing, waterskiing/ tubing, crabbing, skim boarding, and essentially anything else that involves water or a beach. Although it's hard finding time to during the swim/school season, I also really love snowboarding. Some of my fellow swimmers may find this strange, but I also really like playing land sports like basketball or soccer. I secretly dance around my house ALL the time.

**Most memorable swim:** Although I have had many memorable races on SPY, it wouldn't be right if I didn't mention one of my swims from my high school swim team. It was my sophomore year and we were swimming against Mount de Sales. It was down to final event, the 400 freestyle relay, and the fate of the meet hung in the balance. I knew that we were behind a couple of points. I walked up to blocks excited to swim and tried getting my teammates pumped up (running around the pool deck and attempting to rap usually worked). I watched as the swimmers dove into the water. Our A relay got pretty far ahead after the first two swimmers, with Mount de Sales' A relay trailing around a 25 behind

and my B relay behind them. I remember stepping up onto blocks while watching the Mount de Sales A relay anchor dive in. Doubt crept into my head after seeing she was already half a lap ahead of us. But I quickly shoved that out of my mind, and told myself to go for it. My teammates depended on me. I dove into the water and sprinted as fast as I could. I could see my competitor's feet going into the last turn. I started to catch her the last lap. I just remember going into the flags and finishing. No one knew who won. I looked up to hear almost my whole team screaming, people from the other relay teams included. My coach even was there, which was shocking because she normally didn't move from her spot on the side of the pool. In the end, the girl from Mount de Sales had out touched me. Although I lost, I realized that day that when it comes to swimming, or any sport for that matter, there is nothing more important than your teammates and coaches. Yes, swimming is a very individual sport, but I love that feeling that relays give me. I like that I have to rely on others and that others need me to do well also. Relays are where I feel most pressured to go faster than I ever thought I could.

**Most memorable/ funny moment:** There have been so many memorable moments on SPY it's impossible to talk about just one. Definitely on the top of my list has to be dressing up in the various outfits for our meets. For example, at my first Capital Classic, I dressed up as one Snow White's dwarves along with Alex and Ryan, and Jim told me that I looked like a character from "Fiddler on the Roof". Of course he was right ha-ha. Other great moments include our Lane 5 Ladies breakfast/lunch frequent get togethers, that evening out in Annapolis with Meghan, Anja and Abigail, discovering that Lashandala was a creepy stuffed animal dog with Meghan and Molly, and many more. Every Tuesday Abigail, Anja and I laugh about the new MPGIS episodes and my conversations with Lauren and Kate are some of the funniest things that I have ever heard. Our Lane 5 SPYOPOLY relay challenges have always been exciting and fun, especially with those 300 points on the line. How could I forget my old carpools during the summer where we would all sing on the way home from long course practice while eating donuts. My first LCYN: the MARTA and the crazy Target rampage. Playing cards with the guys is definitely something that I will miss because of how intense some people got \*cough\* Sam, Doug and Grant \*cough\*. I am so grateful for the relationships that I have built on SPY and will remember these seemingly little events that made such a difference in this sport for me.

**Best Event:** Sprint free, fly and back are my favorites but I don't mind doing some 200s.

**Favorite Set:** Probably has to be SPYOPOLY, but otherwise I really like doing sprint 25s butterfly or 10 x 100 freestyle.

Least Favorite Set: 4 x 1000 free without air supply (thank you Richard) or a long 200 fly/free set.... or maybe Crystee's typical idea (something difficult, it gets harder, ok this is impossible, now go faster) x 6.

**Pre-swim rituals:** I actually don't have a set of things that I do really before I swim. It changes a lot. Sometimes I will listen to music and dance around with my teammates. Sometimes I don't listen to music at all and I sit behind the blocks waiting for my event. I will talk to people and wish them good luck, but a few minutes before I swim I sit quietly to myself and just zone out. I do this until I am on the blocks waiting for the beep. Then when the beep goes off I guess I just swim the event the way that I know best.

**Favorite meal before a meet:** This isn't technically a "meal", but I always have milk (fat free of course). When it comes to actual food I eat either pasta, subway, or a bagel.

**Advice for next year's graduating class:**

The best advice that I think I can give to you guys is that it's very important that you have respect for your teammates, no matter who they are. Yes, you guys may not always get along but that's to be expected when you spend a couple hours almost every day with the same group of people. You guys are like a family and there will be disagreements, but I think that the key to handling conflicts with your teammates is that you remember you are teammates and you all need each other.

## Alden Bauman

**High School:** Broadneck High School

**Years on SPY:** 12 years

**College attending in Fall 2014:** Loyola University of Maryland

**Hobbies when not swimming:** Honestly I really do not do much when I'm not swimming, as my life basically revolves around the pool and my friends from SPY. I spend a lot of time studying and working hard in school, which I'm sure everyone on SPY would attest to... I also hang out with my good friends from school as much as I can, go to dinners and shopping with Katie, train open water and compete in the 4.4 mile Chesapeake Bay Swim, spend time with my family and siblings, reading (when I can find the time), watch a lot of entertaining reality television, and winning the ESPL Championship in 2012... and also, in 2013... with Chase Creek Swim Team.

**Most memorable swim:** My most memorable swim of my life, which still to this day gives me butterflies, was at the 2013 Maryland State Championships. I had had a disappointment the year before by missing the 200 fly SCYN-cut by exactly one-second, so I worked endlessly to improve my swimming and finally accomplish a goal that was two years in the making. On the first morning of states, I swam the 100 fly and 400 IM in prelims. In the 400 IM, I had no expectations



of ever getting the Y-nats cut. I touched the wall and have never been more shocked in my entire life. I had just made my first Y-National Short Course cut in not even what I considered my best event and had made it exactly on the qualifying time. Later that night, I was seated 1st in the B-final for 400 IM. That 400 IM was the best race of my life, as I swam the entire race leading the heat and ultimately winning the heat by 8 seconds. It was the best feeling of my life to be ahead by that much in one race and drop 14 seconds from the time I came into the meet with. It was an indescribable feeling of accomplishment and pure exhilaration that I will never forget. That same weekend, I later went on to get the 500 free and 200 fly SCYN-cuts, and a total of 8 best times. It was easily the best weekend of my entire swimming career, thus far.

**Most memorable/funny moment:** If I would have to pick out a few funny things, I would have to say... easily LCYN 2012 on the last night, the infamous SPY beach trip, when Katie kicked Jack in the butt at Districts warm-up and completely slipped and fell on her butt, and when Kevin attacked Jim at practice. But the most memorable thing about being on SPY is that I made truly life-long friendships that will stay with me the rest of my life. I can honestly say that most days, minus the few exceptions, I thoroughly enjoyed and looked forward to practice because not only do I genuinely like practicing (weird, right?), but that I was going spend time with my best friends who understood and encouraged the biggest part of my life: swimming.

**Best Event:** 200 fly and 400 IM. Although my favorite event to compete in is 500 free. **Favorite Set:** I love pretty much anything freestyle, especially 100s and 200s on a fast interval that I'm challenging myself to make. Also, I love freestyle-pull sets. **Least Favorite Set:** 15x200 fly with Richard.

**Pre-swim rituals:** I have learned over the years that I swim best when I am calm, confident, and focused on swimming fast. I think all my coaches can agree that it took me many years to learn this habit after the many panic attacks, crying episodes, and making myself sick (literally...) during my younger years. So as I've grown up, I like to get behind the blocks a little early, listen to some music, and focus only on me knowing I can do it. I've learned to swim my fastest when I am confident that my body will know how to perform when I enter the pool.

**Favorite meal before a meet:** My mom's spaghetti and garlic bread, and Cesar salad.

**Advice for next years graduating class:** If you aren't fully committed to and absolutely love swimming and practicing, find something else that satisfies you. Come to practice with goals in mind every day, and work as hard as you ever thought possible. All the hard work and determination you put in will eventually come back to you and make you a more successful person in later in life. SPY has been a major chapter in my life and where I've met some of the most important people I will ever know. Enjoy every day that you come to practice and value the people you have met here because every lesson and person that has impacted your life will prepare you for everything you will do after your years at SPY.



## 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.



## Caroline Evans

**High School:** Severna Park High School

**Years on SPY:** 7 years

**College attending in Fall 2014:** I haven't decided yet, either the University of Tampa or the University of Georgia, and waiting to hear from the University of Maryland, however, Georgia is at the top of my list.

**Hobbies when not swimming:** Well considering the majority of my time is spent around the pool, I don't always have much spare time. I am often studying or doing homework, or spending time with people from school. You can most likely find Katie, Alden, and I venting about our week at Chipotle on Friday nights after practice. When it is warm however, you can find me at the beach (when I can go) and most likely reading. And I can always enjoy my fix of shopping and reality TV with my mom.

**Most memorable swim:** About two weeks before the 2012 TYR Capital Classic, I had found out that I unfortunately had somehow gotten mono. I struggled through training and taper and had no expectations going into the meet. I didn't expect a best time, or maybe even to go generally close to my best time. But at finals, either Friday or Saturday (not 100% sure), Jim had still chosen me to swim the backstroke leg of the 400 medley relay, with Katie, Allison, and Molly. I remember huddling up right before the relay and Katie just looking at me saying “let's just go for it, who cares.” When I finished my leg, I looked up at the clock and saw a best time. We walked over to Jim after an all around great relay, and he gave me a high-five (which, is an awesome reward if you know Jim).

**Most memorable/funny moment:** So many memories come to mind when I think of funny things that happened at SPY. The interesting to say the least, SPY beach trip, Katie completely slipping and falling on her butt at districts, Kevin thinking it was a good idea to jump from block to block, and also slipping (that was pretty scary too). Also, Alden seems to have a little hearing problem, like she will legitimately yell because she admittedly can't hear her own self talk, so to get a little laugh in, Katie and I will just mouth words to each other and the famous "What???" will come from Alden, but she knows we aren't actually talking when she looks at us and sees us bursting into laughs (We still love you, I promise).

**Best event:** 100 and 200 back

**Favorite set:** I love a good sprint set, most likely heats of hundreds, although it can burn you get good feeling when you're done. I also love kick sets.

**Least favorite set:** ANYTHING distance free (which seems to always be with Richard...).

**Pre-swim rituals:** I'm always cleaning my goggles seconds before I get on the blocks, I'm terrified I won't be able to see. You can also always find me making sure my cap is on my head just right, because it has a long history of falling off during races due to the large amount of hair I shove into it. And of course I'm always stretching and listening to some Timeflies, most likely (Dave Harmon would appreciate that one).

**Favorite meal before a meet:** I love me some good pasta and a salad. Most likely something on the lighter side, like buttered noodles and maybe some chicken thrown in there.

**Advice for next years graduating class:** Enjoy your senior year, it is such a huge relief and reward after struggling through junior year. However, don't lose focus or commitment to anything, swimming is one of those sports that requires your full determination. But, have fun while you're doing it! SPY is an amazing chapter in my life that I will ever forget, and I'm so thankful for the people I have met doing it and the kind of person it has molded me into, and I'm sure you will feel the same way when each of you are filling out these pages next year.



## Pierce Muessig

**High School:** Severna Park High School

**Years on SPY:** 7

**College Attending in Fall 2014:** UMBC or College Park

**Hobbies when not swimming:** "Not swimming"? What's that? Anyway, I love playing video games when I'm out of the pool; my personal favorite series is The Legend of Zelda. I also watch lots of movies, either with my family or out with friends. Recently, I haven't been reading as much as I would like, but it's a great way to spend my free time. And yes, there's homework, which I wouldn't necessarily call a hobby...

**Most memorable swim:** The 200 Fly this past year at Wilton. I was going for the cut for the Capital Classic Meet, which I had missed at Wilton the prior year; I can't overstate how terrible of a feeling that is. This was the first and last opportunity to make the cut in 200 Fly the entire season; I had trained butterfly really hard for several months, with no other meets in which to swim the event. The nervousness leading up to the race was reaching the point of nausea (I'm sure I'm the only one who knows the feeling), and I almost wanted to just disappear so I wouldn't have to swim. But the time came, and after I dove in, it was a blur. I remember my friends and parents cheering at the end of the pool, and I'm sure the race hurt like 200 Fly always does. I felt strong, and when it started to get tough, I found what I needed to keep going. When I finally touched the wall and looked up for my time, I was astounded to see I had smashed the cut by more than a second! The excitement and relief afterwards was the best feeling in the world, and I hope everyone has a moment like that.

**Most memorable/funny moment:** My carpool with Norm and Alex Crone to UMBC practices was one big funny and memorable moment. But there were a few notable events; when we ran out of gas 2 MINUTES from UMBC, when Norm ran over Alex's foot, when Norm ran over MY foot (neither of us were seriously injured), when I overslept...I don't mean to leave out my other friends on SPY, but do any of you know all the words to "Gaston" from Beauty and the Beast? I thought so.

**Best Event:** 200 Fly

**Favorite Set:** Kicking

**Least Favorite Set:** I could choose any of the 4000 yard sets, but...20 x 25's on the :35, when we dive in at the deep end—if you've never done it, you don't understand the definition of exhaustion. If you don't believe me, just ask any other Spy and they'll back me up.

**Pre-swim rituals:** I go behind the blocks about two or three heats before mine and stand there really still. If someone else is jumping around and doing elaborate stretches, I might get a little self conscious and attempt to move a little, but never anything drastic. There's always at least one teammate that I'll talk to and wish good luck. I do a mental swim through in my mind, trying to predict how tired I'll be and where I should kick it into gear. Then I tell myself to swim fast. And I do it.

**Favorite meal before a meet:** Steak. But that's kinda always my favorite meal.

**Advice for next year's graduating class:** I'm gonna take a chance and not talk about swimming; Senior year is both easier and harder than junior year. If you were like me and took a bunch of high-level courses junior year, you can try all you want—you're not going to be able to have the same load of homework senior year. But college is that looming stress the whole year. My advice; don't worry about the reputation or ranking of the college, just find someplace that suits you, and apply early.



## Grant Murray

**High School:** Severn School

**Years on SPY:** 12

**College attending in Fall 2014:** Harvey Mudd College

**Hobbies when not swimming:** Video Games, spending time with my friends and family

**Most memorable swim:** beating Danny Marcus at Maryland States when I was 10 / winning cap classic in the 100 breast.

**Most memorable/funny moment:** Being able to swim with an amazing best friend for almost all my life Dougie Kogut.

"get off me kevin"

"we eat babies"

the piñata

DaveHarmon breaking Jared's cooler

"Jimjimjimjimjimjim"

The ride on the MARTA where we were almost mugged by the locals

"Are we having any fun yet"

"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. Samuel, 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."

**Friends over the years:**

Doug Sam Matt Richie Brendan Kevin Dave Alex Jack Matt Dan  
Greg Dylan Sean Colin Mike Chip

You guys had made the greatest memories of my life thank you.

**Best Event:** 100 Br

**Favorite Set:** 100's free on the make it/descend to sprint

**Least Favorite Set:** distance free/ any IM whatsoever

**Pre-swim rituals:** shake out right leg then left leg on the block

**Favorite meal before a meet:** subway in between sessions

**Advice for next years graduating class:** Have fun with swimming. Remember that it is just a sport, so do not put yourself through anything that will ultimately make you more upset than happy.



## 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

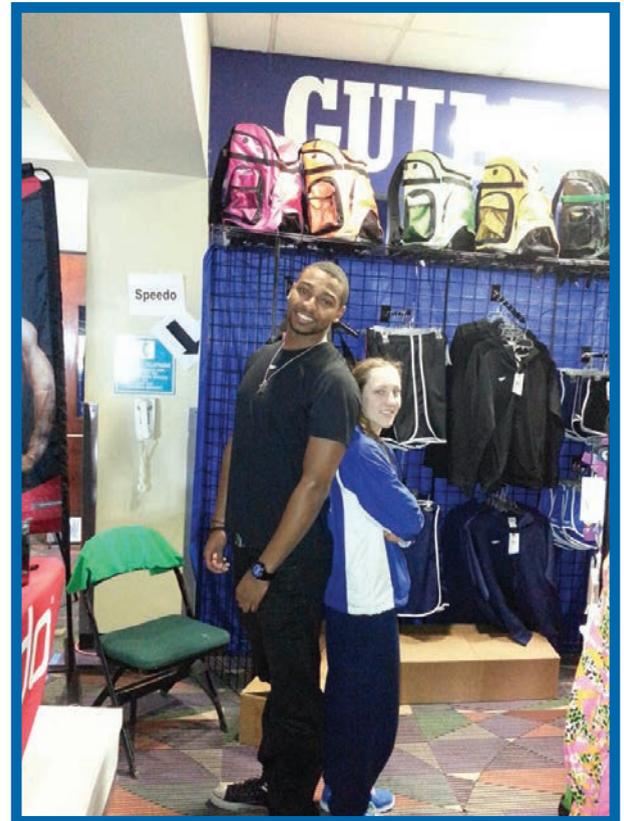
**Favorite Set:** Anything that is supposed to be fast with a lot of rest, stations, T-30, 400 IM sets, and the test set.

**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!!!



## Farewell thoughts about our seniors from Crystee:

Doug Kogut-Wow, I can't believe you are graduating! When I came to SPY Peter was a senior. And now you are a senior and going off to college. Its been fun to watch you grow into such a successful swimmer. I apologize for my incorrect bracketing of sets, I never made it past Algebra II. Not too much bracketing there. I enjoyed coaching you and watching just how fast you could swim in practice. I especially appreciate when you would tell me after practice that you liked a set! And I think you finally appreciate a cool down. Good luck next year at MIT! I am sure you will keep getting faster!

Grant Murray-TWO HAND TOUCH, TWO HAND TOUCH! Every day! Having heart to hearts with you when you were 8 years old, asking you to be nice and make friends, one day these people will be your biggest supporters. Watching you come in after many interesting accidents, probably the most curious is the bowling ball incident and the tripping on the 8 year old and breaking your wrist and there are a few more I can't quite recall. It's been a fun and crazy ride these years! Best of luck to you at HARVEY MUDD! Come back and see us when you are around!

Peirce Muessig- It's been fun to watch you improve over just a few years. You set your sights on a goal and with some hard specific work you accomplished your goal to go to Raleigh. You have been such a great member of the SPIES group and a role model to the team. Your calm demeanor is so appreciated amongst your peers and amongst the coaches. Best of luck to you next year at UMBC??? Maybe and come back and see us on your breaks!

Katie Parker- So many fun memories...our trip to Juniors in good old Knoxville, Tennessee, Shine bright like a diamond (hehehe), standing behind you and yelling GET IN and you peeing yourself (that wasn't my intention). Our SPY boot camp in the parking lot in the SPRING and you sweating before we even started. Sorry you missed Einsteins this year. I tried to hint to you! I owe you a bagel and a drink. You are such a talented swimmer and it has been fun coaching you and seeing you progress over these many years. I know college will be great for you, you will love the team aspect of a college and I know you will keep getting faster. Thank you for helping with the Investigators last year and stepping in this year as well. Good luck next year at JMU, keeping the tradition alive! You better be here over Thanksgiving!

Alden Bauman-I will never listen to Eminent's Lose Yourself and not be reminded of last year and your amazing accomplishments! You just had to believe in yourself and you did and look at what



you could accomplish. Yours will be the story I tell for years to future SPIES. You are such a hard worker and so determined. I know you will accomplish whatever you set your mind to. And I think you will agree on that now! Thank you for your willingness to help with dryland and gumshoe practices. You have been a great role model to the younger swimmers, they adore you!

As I have said before, who is going to correct my sets, (ex. 10x 50 kick 6 on :45/6 on :55) You also made a great SPY Captain this year! Best of luck to you next year at Loyola and I expect you to come back and see us next year!

Caroline Evans-Oh, Caroline and that noggin! You are such a caring and kind person. Always so dedicated and working so hard. Thank you for helping out with the gumshoes and always doing dryland with the SPIES. You are a strong person and sometime STUBBORN, but that's okay. I have enjoyed coaching you and seeing you coach my kids. They adore you, especially Ellie and she is a critic! Good luck next year at Georgia??? Oh and you are one of the tannest people I know, although, not right now

Allison Atkinson-AA...How is this possible! I am really starting to feel old writing these. I feel like it was just yesterday we were trying to convince you to drop that other thing (soccer) you were so good at to become full on swimmer! I am so glad you choose swimming and that you have become so successful. It has been fun watching you grow and seeing you evolve into such a good friend to other swimmers and such a supporter of this team. You are so funny...yes I see you break dancing in dryland, trying to suck a cup to your eye balls at Nationals (I have that picture to prove it) So glad you are going back to SCYN this year, I knew you could do it! Good luck next year and come see us okay!

Meghan Bohny-I will miss our after practice talks. I won't miss all the reference letters I have had to write for you and re-write and re-write and re-write, only kidding. I am glad I have finally been able to make your legs sore from dryland. Squats, jump squats, lunges, wall sits, bridges X's 1000 ....nothing, uggg! That took some time! Good luck next year! I know you have lots of choices! Whatever you decide, have fun, learn a lot, and visit ne



## Farewell thoughts about our seniors from Richard:

Katie Parker - It seems like just yesterday I was heading to Straehle for your 25 breaststroke. I have absolutely no idea how you swam that day, but over the years you became the fastest female breaststroke Spy has every had. There's been some amazing swims through the years and some crazy moments too (having your goggles snap down at SCYN right before your first national event!). You've done a great job of handling some of the added pressure that comes with being an elite swimmer. It's been great coaching you over the years and best of luck next year in college!

Alden Bauman - Let's just try to stay Calm. For as long as you've been going to Districts, you've always tended to get a bit uneasy before certain events. I never knew quite why, because of ALL people you've tended to consistently be one of the hardest workers in the pool, and should have the LEAST worries about not doing well. I hope you've finally accepted that you are truly a talented swimmer who works hard and can hang with almost anyone at these national meets. It's been fun challenging you at practice, even though sometimes you get a little flustered, you usually push through and do a great job, which is fun to watch. Good luck next year!

Meghan Bohny - You've always been one of the hardest worker's in practice. I remember many sets where you wouldn't be quite sure if you could make it, then as you got going, you may only get 2 or 3 seconds rest, but you wouldn't give up and would make the entire set. Your dedication and hard work is a great example of what a Spy swimmer should be. It's been alot of fun coaching you and I wish you the best of luck next year!

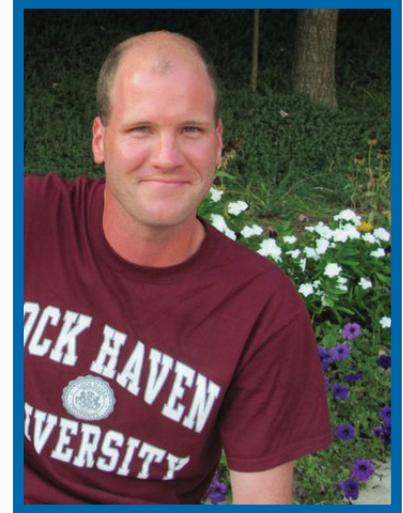
Allison Atkinson - For some reason, when you were 13, I remember convincing you that you should swim 400 IM at districts because it was an "easy" cut to make. I think you were a bit nervous and reluctant at first, but after timing you in practice and seeing that you were faster than the cut, you swam it at Districts and did great. Of course then you switched to swimming 50 free...but I'll blame that on Molly. You've quietly become faster over the years and became a very diversified swimmer, achieving national cuts in a variety of events. I hope you have a great time in college and good luck next year!

Caroline Evans - Your the last of the swimmers from the old Evergreen days. I still can't believe you were afraid to come up an receive your rookie of the year award. You've always been great under water with those explosive dolphin kicks, I just wish you would keep your head still! It's been fun coaching you all these years and I wish you the best of luck next year.

Dougie Kogut - I remember racing you in a 50 fly...way back, way back in the day. I won't say who won, but I will say that you would completely DESTROY me if we raced now. You've always been the numbers guy, crunching splits and calculating scores, often before any of us coaches do. You've been going to nationals as long as I can remember, first to watch your siblings swim and then to compete yourself. It's been fun that past couple years pushing you in practice to see, just how fast could I make the interval. The vast majority of the time you've rose to the challenge and it's been quite impressive. Have a great time in college and best of luck!

Grant Murray - Part of the Oakleigh Forest half decade of domination! One of my first memories of you, is just you screeching. I don't remember why, or what inspired it, but you were a Private Eye and that sticks out in my head. You've never been afraid to share your opinion, often times making it quite CLEAR what you don't like. Despite the occasional difference of opinion, you tend to push yourself at practice and truly are a very gifted swimmer. So many times in the summer (especially at our pool where your pullout gets you 90% down the pool) I've heard both parents and swimmers watch in amazement as you swim. It's been fun and I wish you the best of luck next year at college!

Pierce Muessig - It was a breakout year for you this year. It was great to see you qualify for Capital Classic. The hard work and those 5 am practices surely paid off this past winter. You've been on of the quieter swimmers in the group, and I can't remember the last time you've complained about a set. You seem to be fairly easy going and have been fun to coach throughout the years. Good luck at college and have fun next year!



## Farewell thoughts about our seniors from Ken:

Caroline Evans, A special girl who always came to practice and was always prepared except for maybe her fingernails. Always half colored or ?. I would tell Caroline and she would always just smile and say in teenage fashion..."Whatever" I have to say that Caroline's back turns

are outstanding and I was always impressed during practice when she did them properly. :). A team player and true SPY swimmer that will make a fine addition to any collegiate team. She is also a young lady that will enjoy her college life. As for her social life I simply say to her "Sleepless in Seattle.". Caroline you know what I mean. Congrats Caroline and it has been great to coach you these two years.

Katie Parker.....certainly a girl that will enjoy college life. Katie enjoyed a very successful swimming career and I am sure it will carry into College. Always willing to volunteer with the little ones at practice as well. It's weird but just in the short time I have known Katie I always could tell her mood walking down the deck to practice. Usually a school concern, never a guy concern.....that's because she never had many dates in HS. :) I am sure she traveled that escalator of shame quite often. A smart swimmer though and always on her TOES. :). Enjoy the moment Katie and the best to you your future whatever it may be.

Alden Bauman.....special young lady that will go far in life and not just in swimming. Always supportive of the team and a lady that looks for solutions to problems rather than just being complacent. First swimmer though I ever met that was almost more punctual and attentive to detail than I was. I go way back with the family (coached her Uncle and knew her Grandmother well) it has been such a special thing I could meet Alden and be a part of her life these past 2 years. Good Luck the rest of the season and RELAX. Thanks for the memories Alden.

Meghan Bohny.....one of the swimmers I remember when I was around years ago. I do apologize that Meghan was traumatized by my Barbie videos when she was like 6. How did I know her favorite doll was Barbie and she would cry at night after a video at practice. Meghan is the type of swimmer that puts so much into her training regardless of her ability and usually with an upbeat attitude. The type of swimmer coaches love to coach. Reminds me of a young lady named Emily Schindler. Meghan did have me taste a gluten free chip once. I never had met anyone gluten free before I met Meghan. :) congrats Meghan from a Stud Muffin

Allison Atkinson.....yep, definitely a girl I would most likely never tell me my house was on fire. Allison is a laid back girl (did you apply for colleges yet) and by the time she would come to the door and blurt out my house was on fire it would be in ashes. "You know Ken..ummm I think your house is aaaa kinda like on fire". Seriously though Allison is a very teachable athlete and a determined young lady. I think she was one of the most videotaped swimmers I had. I always enjoyed working with her. I did not enjoy though her saunter into practice late due to her school (Spaulding baby) getting out late. I'm sure you will enjoy college life wherever that will be and hopefully find a social life. I think you can join Katie on that escalator at the Mall.



Doug Kogut.....Dougie, what can I say. I always remember the first day 2 years ago walking on deck after a 5 year absence and hearing that " Ken, good to have you back." It meant so much and was just indicative of your quality family background. I have known your whole family over 15 years and yes Doug you were the fastest. Sorry Kogut siblings. We have come a long way thinking back when your Mom was the "SPY Store Lady" and your dad a starter with "that" Starting Pistol of his. I bring up your parents because it was their fault you live on the other side of the tracks. Then again who goes from Freetown Elementary to MIT. Wow, but you are following your brothers and sisters attending great schools. Your training in the pool has certainly produced great times in meets and I am sure that will continue in college. Fairwood baby. Pull up the trucks. Seriously, you will be missed but I guess there is one Kogut left. :)

Grant Murray....well Grant..another swimmer from my old days but this goes back even further and indicates just how old I am. Your Mom worked for me at CSTC while she was in College. Grant, I know how much you loved early morning practice and racing Dougie in practice(sorry, I still call him Dougie) You are a swimmer that always liked to know reasons during sets in practice. I loved it and I believe it made you work harder. Now, of course going to the great Severn School(or whatever it is called now. :) ) certainly helps with your knowledge about the sport of swimming. If not, you always had your calculus with Dougie. Good luck in college and have a great time in the years to come.

Pierce Muessig....Pierce, I was glad you finally made the jump out of Lane 6 last year. Your commitment improved and it showed in the pool. Now we need to work on your social life and that does not mean yapping in Lane 2 the whole practice. Keep working that 200 Fly...as I have said if you can swim a 200, you certainly can swim 100. Good luck next year and enjoy college life.



## LETTERS FROM THE JUNIORS

### From Madeleine Farnham:

Dear Meghan,

I'm so happy I've gotten to know you so well over the years. Between summer swimming and SPY we've both gone through swim groups together every since I can remember. You always bring positive energy to the pool and lighten the mood. Even when the set on the board is border-line impossible, you're still smiling. It's been a great adventure with you and I wish you luck on your next one.

From, Madeleine

Dear Dougie,

I've looked up to you since we were little. You have such a great work ethic and never bring negativity to the pool. I've always admired how much you improve in between each swim. At practice you're not one to talk the whole time, but every time you do I can count on it to be fun-ny. I feel like you're quietly trying to conquer the world. We all know you'll amount to great things. Good luck next year, SPY won't be the same without you.

From, Madeleine

Dear Allison,

It has been awesome getting to know you better the past couple of years. I can always count on you to rap some weird song with me at swim meets and get pumped up together. It was great being a rookie

with you last year at SCYN dressing up like Mr. Potato head. Every meet with you is a great one. I'll miss your crazy raps next year and being loud with you at every meet. Good luck next year!

From, Madeleine

Dear Pierce,

It's weird that I haven't gotten to know you super well considering you're just a few lanes away at every practice. I've admired your hard work at each and every practice, you're a great role model for our team. Good luck next year!

From, Madeleine

Dear Grant,

I can't believe this is your last year. We've become so close the past two years I can't believe that soon I'll be saying goodbye. You're a great swimmer and an amazing friend. You've always been there for me to bring me up or give me some good old-fashioned advice. I'll miss the intellectuality you bring to the table at all our team dinners, especially at Mellow Mushroom. You always make the last night of swim meets interesting whether it's nerf guns or elevators. Are you having fun? No, that's why I was asking. Every conversation with you is memorable and worth-while. You'll do great at Harvey Mudd next year.

Thanks for everything, Madeleine

Dear Caroline,

If I say I wasn't terrified of you the first few years I knew you, I'd be lying. I was so intimidated by you but then I realized you were just

loud and now I couldn't imagine life without being one of your best friends. Swimming in a lane together has honestly been the best. You work hard for every set and it's always great motivation to do the same. I get to hear all your funny comments and sass on a daily basis, until recent events when I've been MIA. My best memories of you were this summer driving me to UMBC every Monday and Wednesday. All those car rides were hilarious with your on-going rants and road rage. We'd always listen to country music to get us in good moods before the grueling practices. When anyone is ever in need of comforting you always know the right thing to say to make them feel better. I can't count the amount of times I've been that person, but I do know I always feel better after talking with you. You've really grown as a swimmer and person the past few years and you'll continue to do great things after high school. Every second with you is happy and entertaining and I can't wait to hear of your successes in college. Good luck next year, I'll miss you!

Love, Madeleine

Dear Katie,

You've always been my #1 role model in and out of the pool. You're an amazing swimmer that I've looked up to since middle school. Getting to know you over the years has made me realize how much more to you there is other than swimming. You're an amazing friend and I know I wouldn't be the same person without you. You've been there for me for all the good times, and many of the bad times. My favorite memory with you is probably every swim meet, but really LCYN this year when we watched every episode of "The Most Popular Girls in School". You were the best person to hang out with to relieve stress during the meet, never failing to crack me up. Every time I've been nervous for an event you give me a pep talk and get me pumped up to swim, I cannot think of anyone else as supportive as you. When I made YNATS for the first time you were the first person to congratulate me as soon as I got out of the pool. You and your family have always been there for my downs and successes and there's no way I'll ever be able to repay you. I know you'll do amazing things at JMU next year and I can't wait to watch you swim for them. Good luck!

Love, Madeleine

Dear Alden,

I am so happy you'll only be a little over 30 minutes away next year. I will definitely come cheer you on! My favorite memory was states of last year when you were on fire. I remember how nervous I was the entire time and you just told me I could do it. We ended up both making SCYN and getting to spend our rookie year together. I'm so happy we've become so close throughout high school considering how great you make my life. The car rides we take are always my favorite (even when we end up crying!) because they're all so interesting. You always support my goals and help make them a reality. I take the advice you give me to heart because you have the best of intentions for everyone. There's never a practice where you don't try as hard as you

can, which is what makes you the amazing swimmer you are today. Your hard work really pays off and makes you a great of a role model you are for our team. Thanks for being the responsible one when we all most need it! You've been there to cheer me up when I need it and I can't thank you enough. I'm so excited to see you swim as a greyhound next year!

Love, Madeleine

## From Marin Miller:

Meghan,

I am so sad to see you go this year... I've spent so much time with you over the past few months and they've been the best. Getting up at 4:45 for morning practice is always a little easier knowing that there such amazing people there for me to be with, ESPECIALLY when they are always smiling. I've known you for such a long time, we were even little Girl Scouts together. Meghan I will always love spending time with you from the crazy girl sleepovers to our talks during practice, I will always love having you back around the pool during breaks. I know you have amazing things ahead of you and I've been so lucky to have such an amazing lane buddy!

-Marin

Grant,

I'll be honest I don't know you all that well even though you've lived down the street from me my whole life, and we swam summer together when we were little. What I do know is that you're an amazing swimmer and have so much potential to go really far in life. Good luck with anything and everything you do!

-Marin

Dougie,

I wish I had gotten to know you better because you are such a hard worker and there is not a day that you slack off at practice. You're definitely a great role model for the rest of the team and you have so much going for you and are going to go so far in life. Good luck with everything!

-Marin

Pierce,

Burger King and 7'11 runs with Alex Crone after morning practice in the summer. Those trips are some of my favorite memories from long course season. I hope we get to have those...adventures again this summer. Good luck with everything and don't forget to bring me a slurped when you come back to visit!

-Marin

Katie,

You are amazing. I am so excited to see what you do in life and all your accomplishments that are sure to come with JMU. You have so much personality and such a heart for the team. I've looked up to you since day one of inning spy. All of the times I've gotten to spend with you whether it's sitting on the pool deck having a heart to heart, cheering for everyone, or even stuffing our faces at noodles, things like those will always have a special place in my heart. I can't believe you are graduating this year and as sad as I am to see you go I know you have so much ahead of you. You've been such an amazing team mate, one of the best I've ever had, you're there when anyone needs someone to help them out or even when we need a smack in the face to get our butts moving. You've been such a good leader for our group this year and I have so many amazing memories with you. I can't wait to have you back over breaks, and I know we will all miss you so much. Good luck with everything, I know you'll go out there and whoop those college girls butts.

-Marin

Alden,

I am going to miss you so much next year, you are one of the hardest workers I know. You're such an amazing person and I know we are all so sad that you graduate this year. You've always been such a good role model for everyone and I'm so lucky to have had you as a team mate. Getting to spend so much time getting to know you better at Raleigh this year really meant a lot and I have a ton of memories of you that I will always love. Loyola is gaining so much by adding you to their team and school. Good luck with everything and I can't wait to have you back!

-Marin

Caroline,

First off I'm going to miss your gorgeous hair that I am so jealous of. Anyways though, you've always been one of my favorite girls on spy, you're so relaxed and fun to be around and it's so nice to have someone around who is genuinely happy and fun all the time. You've given me some great advice over the last year and I will always love being able to call you a friend. Georgia is so lucky to have you and I'm so sad they are taking you away from us but you're going to do amazing! Thank you for everything and good luck!

-Marin

Allison,

I love you to pieces. I can talk to you about anything and everything and you are such a good friend. I'm honestly not going to say goodbye to you now because the group of us plan on seeing you a lot so don't think you are getting away from us. My favorite spy memories have you in every single one of them. You've been there for me through everything thick and thin and I will always treasure your friendship. I can't believe you have to go and I wish you could stay!

You are going to do some crazy amazing things in life though, even though I'll miss you on a daily basis. I love you so much Allison!!!

-Marin

## From Katie Harmon:

Dear Allison,

Goodness gracious I guess I'll start with one of the first times you made me laugh at Winterfest a few years back. When you saw my cap and asked me "Did you steal Dave Harmon's cap?!" and I obviously laughed because you didn't even know we were related. We've gotten so much closer this year and I'm so thankful for that. I don't know where I'd be without our lane five oovoo calls, breakfasts, sleepovers, or group chats. You're one of the strongest people I know, emotionally, mentally, and physically... that breast stroke could use some work though. I can see it now you'll come home from college to our lane five home and you'll have a 59.00 in 100 breast and a 53.00 in 100 free. It makes me sad that lane five will have one less swimmer next year but I know you'll be off somewhere doing awesome things. I'm so proud of all of your achievements and you should be too, best of luck and of course, be glorious.

With lane five love, Kate Harmon

Dear Alden,

I can't believe this is the last summer we'll be swimming together. You've come so far in your swimming career and watching you succeed has taught me so much and helped me feel a lot more prepared for senior year and college. I know you're going to love it at Loyola, and hopefully we can go see you swim in the patriot league championships at the naval academy. Thank you so much for everything you've taught me and I wish you the best in college.

Love, Kate Harmon

Dear Katie,

I think we've driven to school every year that I've been a spy. We have so many memories from all those car rides, like getting airborne for Einstein's at the light, all of the singing we do, and not to mention countless days of putting on lotion in the parking lot. One thing for sure is that there's no way anyone could count the amount of times you've made me laugh. High school swimming this year was a blast with you and I know we couldn't have done half of what we did without you. We'll miss you so much next year but I know how excited you are for college. I'm so happy that you're going to JMU because I know you'll be happy all the time.

Love, Kate Harmon

Dear Meghan,

Being that we grew up (SPY wise) together in lane one, you'll always

have a special place in my heart. Those first months were the worst but we did it together. I try my best to follow your example of finishing the warm up and always getting in on time but of course my laziness sometimes overcomes me. High school season this year was probably my favorite one so far and you've been a huge part of that. I'd like to thank you for all of your help guiding me through junior year and I'm sure that wherever you go to college you'll do great things. I'll miss you so much next year.

Love, Kate Harmon

Dear Caroline,

We're basically the same age and I know that bothers you but hey, in my mind you're always a year older. It's been a long time together on spy with you and so next year will be so different. I'm already expecting to follow in your footsteps to pick up the underclassmen from school on Tuesdays and Thursdays but hey we'll see. Next year I'm sure Crystee and Richard will put me in the 1000 and 500 and I'll be wishing I had done them earlier so I'll go ahead and say it already, you were right. I'll miss you so much next year but I know you'll have a blast at college.

Love, Kate Harmon

Dear Pierce,

Being the only other one in the high school car pool that enjoys country music, I automatically liked having you in the car. This is the first year we've actually talked and you're not only hilarious but also a genius. Good luck next year at college, I'm sure you'll do great.

From, Kate Harmon

Dear Doug,

Your hard work inspires us all at practice. You definitely deserved the "hardest worker" superlative. All of your side comments are hilarious and I hope you carry both of those qualities to MIT next year. You're going to be so successful, good luck with everything you do.

From, Kate Harmon

Dear Grant,

Harvey Mudd is such an incredible school so first off, congratulations on committing there. You've been so successful here at spy and at Severn and even after numerous injuries, you've always come back stronger. I'm scared that next year will just be silent all of the time on deck at practice because of the lack of your presence. We'll miss that a lot and good luck next year.

From, Kate Harmon

## From Anja Benson:

Meghan- Dear Meghan, it's going to be so weird without you next year! Who's ken going to yell at for being gluten free! And who's car

are we going to hide in on sketchy Annapolis streets! You'll always be our lane one lady! Ps I hope you get attacked my people who want cookies!

Allison- oh Allison where to begin, I am going to miss your outrageous sense of humor, catching up on and impersonating the most popular girls in school videos! (I'm all caught up by the way) Our car pool with my mom as chauffeur! As well as singing in the car and freaking out when they takeout the rap part of songs. But the many bottles of sketchy milk you drink, eh not so much, still I know you'll be very successful and I wish you the best! Come back and visit! Be glorious.

Dougie- It was great having you as a team mate! Your a great person to cheer for and look up to for inspiration. I know you'll be very successful at MIT and wish you the best!

Alden- You're such a good role model and someone to look up to as both a swimmer and a person. I'll always remember the times you would drive me to long course meets, practice and school! (ps you have good taste in music) We'll miss your cute outfits after morning practice! I know you'll do so well at Loyola with your dedication and drive. Thanks for being such a good captain!

Caroline- You're such a fun upbeat person and we will miss your personality on spy. It won't be the same without you rolling into spy with music blasting and timber playing. I remember at my first Raleigh we had matching shirts and I was so intimidated because I thought you were so cool but you were so nice and asked me to take a picture with you which made me very happy and less intimidated. I know you'll be very successful in life and hope you have fun in college we'll miss you!

Katie-You've been such a good person to look up to on spy, you're an amazing swimmer! I'll always remember the one day you told me good job on the brutal 20x200 set we did that one practice, it meant a lot to me! Good luck at James Madison! And thanks for being such a good captain!

Peirce- It's been great having you as a teammate! I remember when the inspiration guy came last year and we got paired to talk about goals. That was a fun time. I hope you have a great time at college!

Grant- Practices never cease to be amusing with you around, your an inspiring swimmer to look up to. I wish you the best in college!

## From Matthew Praley:

Katie Parker:

You and I are the only ones who seem to understand our very strange jokes that everyone just shakes there head at and I can roll with that. You are one of the swimmers that helps me realize how fun swimming can be and I thank you for that. JMU is such a great school for you, good luck!

Alden Baumen:

By far the hardest worker and most serious swimmer on the team. When you Katie and I swim a freestyle set in the same lane we get so competitive that we yell at each other about who goes first second or third. But I think we three really work ourselves off each other and in the end we congratulate each other. It's been really fun swimming with you. Have a great time at Loyola!

Doug Kogut:

Even though you are a fast swimmer you don't show that in your attitude and I really admire that. It's been great swimming backstroke with you and Sam. You guys have really pushed me this year. Thank you, have a great time at MIT.

Alison Atkinson:

It's been such an interesting time swimming with you. Every time we talk you always seem to have something funny to say that makes me laugh and you are always in a happy mood. I'm glad I've gotten to swim with someone as positive as you!

Grant Murray

You can be so sarcastic sometimes, but I know you mean no harm. It seems like every year you always try to make people laugh over the odd realities of life, weather it be the sets that Crystee or Richard puts up on the board, or what other people are saying. Harvey Mudd is a perfect fit for you good luck!

Pierce

High school swimming has been so fun every year. You are one of the most polite people on the teams who does not get into any drama which is nearly impossible to do. It's been great swimming with you over the years. Have a great time at college!

Meghan

You always seem to have a smile on your face whenever I see you. I've appreciated the many lifts you have given me and I'm so happy to have swam with you on the high school team. You are a very hard working girl when it comes to school work and I could never work as hard as you.

Caroline Evans

I always get a nice warm hug from you whenever possible. This year you have changed into a much happier person when it comes to swimming and school work. You are such a fun person to be around and I always seem to want to talk to you about something. Have a wonderful time in college.

## From Lauren Belloff:

Meghan: We've been swimming together since St.Andrews and we've gotten a lot closer this year! Thank you for being my personal chauff-

eur to umbc and for morning practice! You have such a great attitude toward swimming and spy along with our high school team. We will definitely miss you next year. Well be staying in touch with our group chat and hopefully well have another group sleepover again! Stay away from gluten and good luck in college and don't forget to come back and stay in touch!

Grant: At first you were intimidating when I moved up but I then found out your pretty funny. Spy will be alot quitter without your comments and goat/ mermaid screams. It was fun going to long course this summer and getting to know you better! Good luck at Harvey Mudd!

Dougie: Your probably one of the hardest workers on spy and also one of the quieter ones! Going to long course this summer was great and it was awesome getting to know you better! Congrats and good luck at MIT!

Katie: dsghsd well Katie it's been a great high school season and two years as spys together! Long course was so much fun and I feel like I've gotten to know you a lot better recently! It will be weird not driving together every Tuesday and Thursday and blasting two chains and juicy j. Spy will be a lot quitter and high school will definitely miss your motivational speech giving skills(don't forget to eat breadnecks bubbles) good luck and have fun at jmu and may you find 20 other breaststrokers to train with! Don't forget to come back and visit your favorite lane 5 ladies.

Caroline: mom! It's been awesome getting to know you these past two years. You always give good advice and spy will miss you! Thanks for waiting for me everyday and driving from school to spy. Kate and I will miss the loud music were greeted by when we get in the car( Katy Pery, or country, or Chris brown) hope you have a great time at Georgia and get super tan!

Alden: Alden it's even a great two years! I admire your hard work ethic and that your a long distance flyer like me. You always have the best outfits even after morning practice and like Caroline are full of wisdom and good advice! Thank you for pushing me throughout my time on spy and being a good role model. Goodluck with swimming at Loyola!

Allison: Allisonnn fellow lane 5 lady I can't believe your leaving this year, and we just started to get close! Long course with Abby was the best and I can't wait for this year. You drink a lot of milk and are pretty good at dancing( keep working on your breakdancing) We need to have another group sleepover/outing since you missed the last two! Kate anja Abby and I will miss you like crazy but I hope you have fun wherever you go and don't forget about us at spy!

Peirce: We've definitely gotten a lot closer this year, throughout high school swimming and spy, and ap stat. Your super smart and always make witty comments. Goodluck where ever you decide to go to college!

## Senior Superlatives

Best Car: Caroline Evans

Worst Car: Pierce Muessig

Best Role Model: Allison Atkinson

Most Serious: Doug Kogut

Most Likely to Get Lost: Meghan Bohny

Most Likely to be Eating: Katie Parker

Most Likely to Swim Masters: Meghan Bohny

Most Likely to be at Practice: Alden Bauman

Shyest: Doug Kogut

Most Likely to Skip Practice: Grant Murray

Loudest: Grant Murray

Most Spirited: Katie Parker

Jim's Favorite: Doug Kogut

Crystee's Favorite: Katie Parker

Richard's Favorite: Doug Kogut

Ken's Favorite: Katie Parker

Most Likely to Cheer You Up: Allison Atkinson

Most Cynical: Grant Murray

Best Smile: Caroline Evans

Most Likely to be Asleep: Katie Parker

Most Awkward: Meghan Bohny

Most Positive: Allison Atkinson

Most Likely to Make You Laugh: Allison Atkinson

Most Likely to be Late: Allison Atkinson

Most Likely to be a Stalker: Doug Kogut

Most Likely to be Early: Caroline Evans

Hardest Worker: Doug Kogut

MIT: Doug Kogut

Most Likely to Talk Back to Coaches: Grant Murray

Best Hair: Caroline Evans

Most Likely to Know the Answer: Doug Kogut

Most Likely to Embarrass Themselves: Katie Parker

Most Likely to Miss Saturday AM Practice: Grant Murray

Most Likely to be Studying: Alden Bauman

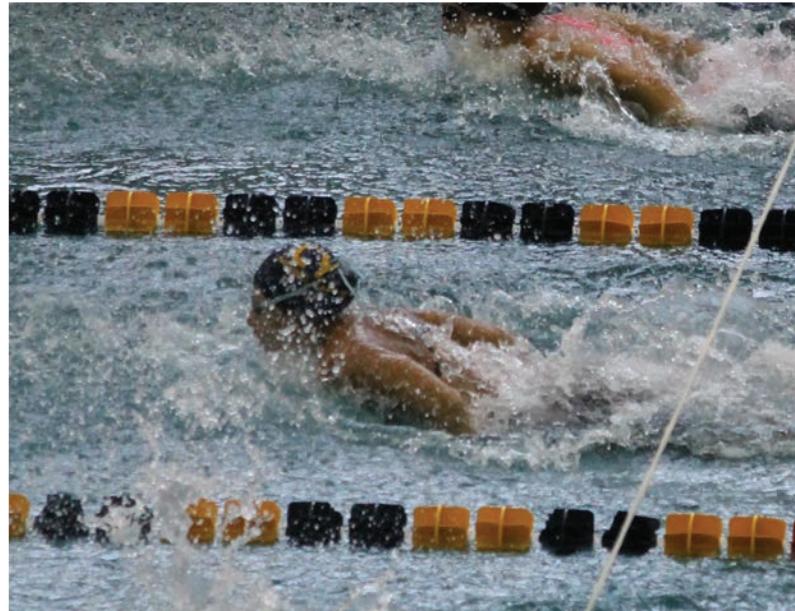
Most Changed Since Freshman Year: Meghan Bohny

Most Likely to be Successful: Doug Kogut

Most Stealthily: Pierce Muessig

Sassiest: Katie Parker

Most Intellectual: Doug Kogut







**We'll miss you!**