

SPY

Seniors

2015

Seniors

Richie Baker

Sam Fuller

Lauren Belloff

Kate Harmon

Anja Benson

Marin Miller

McKenna Brennan

Ryan O'Brien

Sophie Bowes

Matt Praley

Sabrina Douglas

Katie Sharpe

Madeleine Farnham

Adam Smith



SPY Captains

Lauren and Kate

SENIORS 2015



Richie Baker

High school: Severna Park High School

Years on Spy: 7

College: Going to Anne Arundel Community College for one year then planning to transfer to the engineering program at UMBC

Hobbies When Not Swimming: Shooting, reading, sleeping, video games, going to the movies with friends, longboarding, following the Redskins, lifeguarding/ coaching in the summer

Most Memorable Swim: Any time I swim my best time and won

Most Memorable/ Fun Moment: Every practice is different and memorable but the best ones are where I play tag with Jack McKeehan, Caelen Troy, James Muessig, and Ian Weiner. Another thing I'll miss is saying hi to Brandon James (A.K.A) Brandon James every morning in the middle of warm-up.

Best event: 200, 100, 50 Free

Favorite Set: Any type of sprint set ... Or relays

Pre-Swim Rituals: Before every race I listen to my loud music to get mad/ pumped, while I shake myself loose.

Favorite Meal Before a Meet: Whatever my parents decide to feed me that night

Advice For Next Year's Seniors: Have fun. Swim fast and touch the wall first.

Lauren Belloff

High School: Severna Park High School

Years on SPY: 10

College attending in the fall: undecided right now

Hobbies when I'm not swimming: When I'm not swimming on spy I'm probably hanging out with my best friends (from spy) Katie and Matt. I love going downtown, watching Keeping Up with the Kardashians and other reality TV, going shopping, and hanging out with my friends and of course keeping up with my school work. I've also swam on the High school team for all of high school which keeps me even busier during the school year!

Most Memorable Swim: I've been on Spy way too long to have only one most memorable swim, but I think the one that has stuck with me is one that goes all the way back to when I was nine or ten. It was one of my first years going to the big travel meet (and my all-time favorite meet) of the season, Wilton, and I had just learned how to do butterfly a few months before. Jim put me in 50 fly at the last meet which at the time was pretty daunting to nine or ten year old me. I still remember how panicked I felt when I got to the Saturday session of Wilton and someone told me I was in the 100 fly. I freaked out and ran over to Jim and said it wasn't fair; this was only my second time ever swimming fly in a meet. I don't exactly remember how I felt before the race, but I remember the whole race very vividly. The first 25 felt ok, but I progressively got more exhausted and started to panic. By the third 25 I was thinking to myself that if I didn't stop I would probably drown, so naturally I got out at the far end of the pool at the third 25, during my race, and broke out tears while I ran into the bathroom. I remember how the official tried to help me out but I was too embarrassed and how I tried to avoid everyone by hiding after. Since then I've made Long Course Nationals 2013, 2014 in 100 and 200 fly (which is definitely a most memorable swim) and I've been a butterflyer for as long as I can remember

Most Memorable/funny moment: I think that every practice that we are too tired to function is when the funniest moments happen. Sometimes we make up songs about not getting in on time, or we (Katie) throw all the cones in the pool out of anger and frustration that we have to get in the pool soon, or we pour our water bottles on each other! Or sometimes we take the stickers off the sides of the blocks which will make the whole deck smell awful. Even though the coaches probably don't appreciate it I have the most fun when we goof off during relays in practice and cool downs and such.

Best Event: Either 200 or 100 fly, but I really like 100 and 50 free.

Favorite Set: The one practice before either Raleigh or Wilton were Charlie made up all these unique games using kickboards and even our googles. I love all the games practices, but I also like a good 200



stroke set were we have to descend or hold our time. Also the grinder sets on Saturday morning that would make you feel super accomplished after finishing the whole thing.

Least Favorite Set: I love kicking sets, therefore I hate pull sets. I also have a love/hate relationship with long distance free sets, because I usually get bored or loose count.

Pre-Swim rituals: I like to focus before a race, but not too far in advanced. I usually like to listen to some terrible rap with Katie or some of Matt's music. Talking and laughing with people behind the blocks or while I'm waiting to swim helps me calm down and takes off some of the pressure I put on myself before a big race. I try to have an open mindset because I've learned swimming is a very very very mental sport. A few heats before mine I always do the same stretches behind the block and then right before my race I take a few deep breaths, stretch each leg on the block, wiggle my arms and legs, and then go!

Favorite meal before a big meet: Pesto pasta or fettuccini alfredo; with lots of French bread.

Advice for next year's graduating class: Make sure to always stay positive. Every race won't be your best, and even every season, but there's always room for improvement if you stay committed and see the benefit of being on a team. Make SPY great, be nice, and also good luck with the college search I'm going to miss you guys!



Anja Benson

Broadneck HS

Years on Spy: 9

College Attending in Fall 2015: Undecided as of now

Hobbies When Not Swimming: When I'm not swimming I enjoy spending time with friends and family. I also love taking pictures, making videos, shopping at Sephora, Frozen, and eating Chick-Fil-A.

Most Memorable Swim: My most memorable swim occurred at Wilton 2014, it was the last day, and last Wilton ever, so emotions were high. I finished my last relay and thought it was goodbye Wilton, but then before leaving I checked the results. Somehow I had scratched into 100 fly finals by one person! I came back to finals not quite sure what to expect, but going in with sheer focus. I got up on the blocks dove in and swam. I don't remember much of the swim but I do remember feeling like I was flying through the water, faster than I had ever before. I slammed into the wall and sure enough dropped a whole second from the morning giving me a personal best. In that moment all my hard training, early mornings, and long swim meets were worth it. I went home that night feeling proud and accomplished.

Most memorable/funny moment: One memory that sticks out is a running joke now. If you do not get in on time Crystee will mark you late. So one day lane 4 was in the process of getting on our caps and Crystee yelled out "I'm taking attendance!" So without much thought hair half out of my cap and no goggles, I flung myself dramatically into the water. We all started dying laughing and love to re-enact the event now. We were not marked late however, so go us!

Best event: Probably 100 Free and 100 Fly.

Favorite set: I like Freestyle sets mid-distant, such as 100s or 200s (I

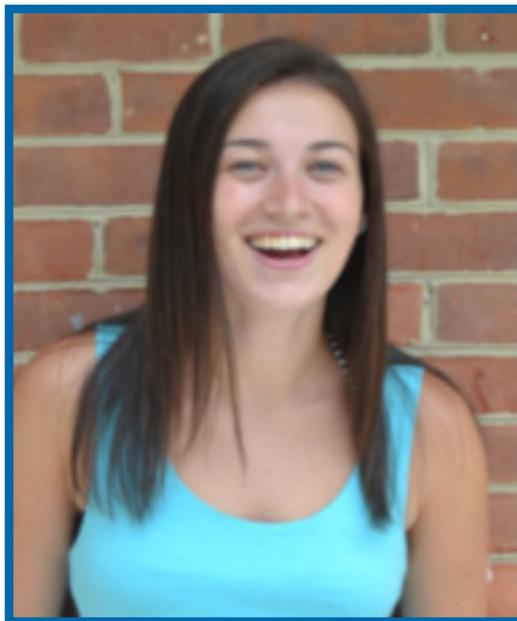
like the 100s better) where we have a set time we have to make; they aren't easy but I do the best on them and they make me feel accomplished. Stations are pretty fun too.

Least favorite set: IM and kicking.

Pre-swimming Ritual: I will usually have someone flip my cap and then go up early for my race. I like to be with myself and focus before my race

Favorite meal before a big meet: Pasta and meatballs is my usual go to for a big meet, but sometimes Chipotle gets in there.

Advice for next year's graduating seniors: Set goals and have fun, strive to be your very best, but also cherish the times you have with your swimming friends before you graduate.



McKenna Brennan

High School: Severna Park High School

Years on SPY: 12ish years

College attending in fall 2015: Undecided

Hobbies when not swimming: By far my favorite thing to do in my free time is spend time with my friends because there are certain things we don't have time to discuss between sets. Other than that, contrary to the stereotypical swimmer, I enjoy running and other land sports and then I also love to travel.

Most memorable swim: Well, I guess at this point this race was a very long time ago, but I will always remember the 12 and under 200 medley relay at Opening Gun. I had always been the butterfly leg of the 200 medley relay, but the summer before I guess Abby Goodman had gotten better at fly and I had gotten better at free, so for that meet we switched. The race was so close and Abby came

into the wall fly, and I dove off and started doing what I had always done: butterfly. The parents that day said they hadn't ever seen coach Jim sprint so fast to the end of the pool, and when I lifted my head for my first breath, there was coach Jim as red as a tomato yelling at me to swim free. So I switched to free and we still ending up winning but for those of you who remember and know coach Jim well, I bet you can only imagine the look on his face when we went over to talk to him after that race. I know I'll never forget it.

Most memorable moments: In 8 and unders it was definitely all about the cool hats someone's mom so kindly made for the UMLY meet every year; I'm pretty sure I still have the one hat with the fish on it. Wilton was always my favorite meet with the door decorating and team dinners after the meet was over, and even this past year when Sabrina and I won the scavenger hunt. In the past few years, I guess the most memorable moments come from walking on the pool deck at practice and everyone looking at me like "wow, she's really here," but I've learned over the years I can't stay away from the pool forever. From the days when Caroline Steele actually set foot on a pool deck to this day, I will always remember the people most. Every one of you fueled my love for swimming; through rough sets and bad swims you made it bearable, and through sharks and minnows and best times you were the cherry on top that made swimming unbelievably amazing. Thank you all for those special moments; I could write a book filled with them, but they're probably best kept between us to cherish.

Best events: 50 free, 100 fly, maybe 100 free

Favorite Set: Call me crazy but I really like stroke sets. I normally do butterfly and sometimes the coaches show the butterfly lanes a little mercy, which is really nice. I also like mid-distance free sets as long as I can still count how far I've swam without getting too bored.

Least favorite sets: Definitely kicking. Somehow my legs only work to move me down the pool when my arms are moving too, and definitely only for short distances.

Pre-swim rituals: I don't know that I have any other than taking my inhaler. I guess it's pretty important to try not to die during the race. I guess I also do a lot of stretching and shaking my muscles out.

Favorite meal before a big meet: Really anything that isn't breakfast food is a good place to start. I don't really eat meat other than chicken and then I guess pasta is always a good choice too because of the carbs.

Advice for younger swimmers: Do this sport because you love it. Make friends from our team and other teams because these friendships last a lifetime. Swim your heart out and learn to be happy with yourself knowing you gave it your all. Even if you don't improve your times, you can always improve your attitude and character.



Sophie Bowes

High School: Severna Park High School

Sophie was a mermaid in her former life and if pearl diving were a viable career she'd already be a millionaire. One day, at the age of six, she came home from daycare and magically knew how to swim. Sophie started swimming competitively in fourth grade and has been on SPY, NAAC and EST. Despite struggling with a serious shoulder injury, sleep apnea-related health problems and surgery during her swimming career, she stuck with it through all those challenges. Sophie has been fortunate to make so many great friends on a number of different swim teams and really enjoyed swimming and competing with all those friends during her nine years of swimming. After graduation, Sophie plans on attending AACC and then transferring to a four-year college. While not being sure what she wants to major in right now, her dream job currently is to open a tea shop and train dolphins on the side.

Sabrina Douglas

High School: Severna Park High School (Go Falcons!)

Years on SPY: 10 years

College attending in fall 2015: Undecided

Most Memorable Swim: After signing up for Wilton 2014 way after the deadline had pasted, like the Douglas family always does, I made it my mission to qualify for Raleigh in the 50 free. I prepared the way every swimmer prepares for a race when they want to make a cut. However, when the race had come and gone, the stopwatch didn't read the time that I needed. My time was .2 seconds away. Richard's first words to me when I spoke to him afterwards were "you were so close to a 26", the cut being 26.99. Although most swimmers hate when they get close to a cut and then don't make it, I was ecstatic. I had beaten my time, a time that I hadn't been able to beat for a while. This excitement fueled my determination to make the rest of the meet worthwhile. Before my 100 free, I couldn't stop thinking about how I needed to leave everything in the pool if I was going to really put an end to the plateau that had become my swimming career. I think I took a total of two breaths throughout the whole 100. By the end, my arms burned but I ended up dropping 4 seconds! It's the most excited I have ever been about a race hands down, despite the number of races I've swam. A girl from another team even congratulated me. My mom also had a big smile on her face after every race I swam so that made the whole experience even better. I guess this is more like my most memorable meet, but that's okay.

Most Memorable Moments: I wasn't moved up to spies until second semester of my junior year but one of my favorite memories is from my first morning practice as a spy. Katie somehow managed to hit a snowbank when she was picking Kiera up and her entire front bumper just kind of fell off. Then, the second morning practice I went to, it was Crystee's infamous Einstein's practice so I guess you could say I had it pretty easy during my first week as a spy. Future swimmers should watch out because Haley, Annie and I are going to invent a lane line that lights up when you pull on it. Every time I pull on the lane line, which I'll be the first to admit, is fairly often, Haley shouts "it's lighting up!" Another memory that is pretty high on my list is the time when Annie wrote a diatribe about how angry she was for not receiving her FREE coffee at Einstein's. She got five bajillion coupons the next time we went. Ryan, I will never believe that you don't shave your feet. I apologize but your feet are naked so you definitely shave them. Anytime we have gotten food together ever is a good time because I mean what swimmer doesn't love food (and teammates of course). Back when Annie, Kiera, and I were younger and boy-crazed I may have accidentally expressed my thoughts about an older swimmer (Collin Heil) a bit too loudly. He ended up hearing me call him attractive because someone opened the door right as I said it and he



was standing right outside the door. That was probably the most embarrassing moment of my life but it cracked everyone else up. Every memory I have of Kiera involves her falling, which if you know anything about Kiera that shouldn't be too big of a shock. Kiera, I don't know how many times I can say this but I apologize for dropping you on your butt that one time, causing your hip issues. Even though I was physically incapable of helping you up because I was laughing uncontrollably from you falling the first time, I should have tried a bit harder to hold you up. Finally, Kiera tripping off the block and busting her knee up during our first practice ever back when we were gumshoes will forever perfectly describe my time as a SPY swimmer. I am incredibly grateful for the fabulous group of friends that SPY has given me. My SPY "fam" never fails to put a smile on my face. I hope that college won't break that bond because it truly has been my favorite part about my childhood. I am also thankful for my coaches that have pushed me to my limits and every parent that drove circles around our traffic loop to get us to practice on time.

Best Events: 100 Free, 50 Free

Favorite Sets: As crazy as it sounds, I love Richard's IM sets. I also like free sprint sets.

Least Favorite Set: Distance free sets because they bore me to death. Kicking is pretty horrendous as well.

Pre-swim Rituals: This is strange, but I start breathing in really deep as soon as I get to a meet because I have this belief that if I get all of my breaths out before I swim then I won't have to breath as much during a race. This is also going to sound strange but I try to get my mouth to be completely dry because I'm afraid that I may choke on my own spit when I'm swimming. Aside from that, I get

to the blocks super early and visualize my race before I swim like most swimmers do.

Favorite Meal Before a Big Meet: A turkey sandwich, preferably made by my dad because his sandwiches taste like heaven.

Advice for Younger Swimmers: Give it your all at every practice, dream big, and take chances while you're still young. 10 years may seem like a lot of time to work towards becoming an amazing swimmer but in reality, it isn't. Don't forget to have a blast; most of your time is spent in the pool, so make the best of it. Build up a bond with your teammates. Again, you're going to spend the majority of your time with them, so why not be surrounded by people you love. You don't have to be the fastest swimmer to have a goal. Lastly, thank the coach that coaches and the parent that drives your carpool after every practice. You wouldn't be swimming without their time and efforts.



Madeleine Farnham

High School: SSevern School

Years on SPY: 12

College attending in fall 2015: Undecided

Hobbies when not swimming: I spend an immense amount of time re-reading and re-watching Harry Potter. When I'm not doing that I'm probably sleeping or eating.

Most Memorable Swim: May 12, 2012. That might sound like an insignificant date to many, but that was my 15th birthday and the day I made my first LCYN cut. I had been working towards

this goal for a while, but when the time came to actually swim in the meet I was freaking out. I knew if I didn't make the cut it wouldn't be the end of the world because we still had a few meets that season. I've always hated to hold things off and just like to get things done the quickest I can. I decided it was going to be today or I'd never make it again, not entirely sure why. I was sitting shaking in my chair for a good hour before my swim, listening to the same song on repeat (Lose Yourself by Eminem). Finally, I went up to the block to swim. Everyone wished me luck knowing that this 200 fly could either put me in a good mood or a very bad mood. I remember getting up on the block and thinking to myself, "I can make this the best birthday of my life, or the worst, you choose". I dove in and swam the longest 200 fly of my life. When I touched the wall I looked up and saw Michaela and Katie saying good job and giving me the thumbs up. I looked up at the board and saw my time but I couldn't believe it. I thought it must be a mistake. I had made the cut by 3 seconds. After that swim I had proved to myself if you really want something, go and get it.

Most Memorable/Funny Moment: Where do I even begin? There was of course the whipped cream and nerf guns at LCYN in 2012, hey Sam. Basically any moment with Grant. One of the best was the elevator incident at SCYN in 2013. Every day in our lane with Katie, Lauren, and Anja is an adventure. Sometimes we just can't contain our excitement and just hug each other and proceed to drown, always a good time gals. Haley's sass is always on point and never fails to make me feel like an incompetent loser (kidding love you Haley). Allison and I ganging up on Marin, we know you love it so don't worry we won't stop, just remember to pass me some Jen Aniston ;). Basically every day on SPY there's a new story to tell but 10 years worth of stories would get old, these are just some of my favorites.

Best Events: Anything awful aka 200 fly, 500 free, 1000 free, and 400 IM.

Favorite Set: T-30s. Most people hate them but I find them so soothing. As long as I have a good song stuck in my head I'm good to go for 30 minutes.

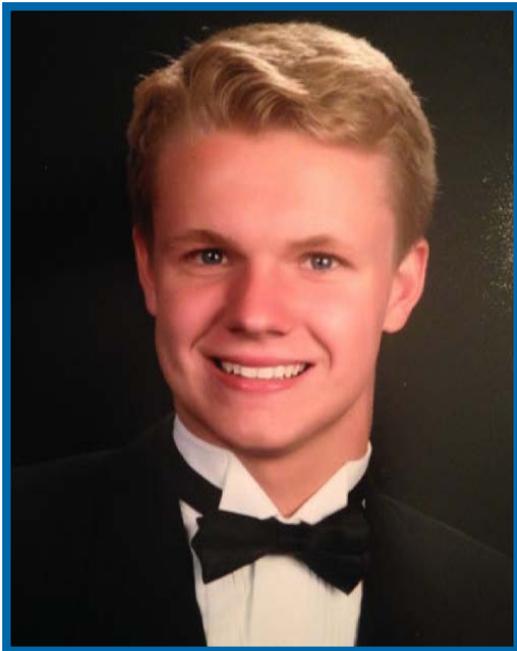
Least Favorite Set(s): Anything distance IM, just why Richard. Also those classic Crystee sets where she puts up a set with no rest saying to sprint, and then sprint even faster, oh and the last one should be the fastest. The dreaded bracket is usually involved with those.

Pre-Swim Rituals: At each big meet I pick a song and I decide that will be my song for the weekend. Before my swims I listen to the song at least 5 times on repeat; if it's 200 fly or distance free, it's more like 10 times. I have to sit behind the blocks for at least 10 minutes before my race, sometimes more. I put one of my caps on 500 yards away from my swim, then my goggles and second cap on 200 yards later, and remove my head phones. The next part is very important. No matter what, I cannot have water on me. If a drop

lands on me I must wipe it off immediately. I have to shake out my arms and legs and adjust my goggle about 153729101 times again before I dive in. When I get on the block I adjust my goggles and cap one last time and crack my knuckles, then I can swim.

Favorite Meal Before a Big Meet: Spaghetti and meat sauce, no exceptions.

Advice for younger swimmers: If you set your mind to something, you can achieve it. If it's a qualifying time or just a personal goal, think about it every day before practice and don't let it slip your mind. As long as you train hard and keep your thoughts positive, I promise you are able to achieve your goal.



Sam Fuller

High School: Severna Park High School

Years on Spy: 6

College attending in fall of 2015: SIT

Hobbies when not swimming: When I'm not swimming I'm probably doing homework or playing videogames.

Most Memorable Swim: My most memorable swim was at 2014 Long Course Y-Nationals in the 200 backstroke. I had been having a strong meet but fell short of finaling in my 100 back so I was determined to final in 200 back. In the morning I felt strong and was able to get into B final. However, at night I blew the time I did in the morning out of the water and was able to get 11th overall in the 200 back. What really made that swim great was getting the ribbon and standing on the podium at Y-Nationals.

Most Memorable/ Funny Moment: At districts 2015 it was the last race of the meet, and I had to choose a song to play. I let Brendan and Richie choose my song and they choose the cha cha slide. We intentionally waited so the whole song could play. I ended up winning and it was some of the most fun I had.

Best event: 200 backstroke

Favorite set: Long distance free or longer distance stroke

Least favorite set: IM

Pre-swimming Ritual: Shaking out my sexy beefy arms

Favorite meal before a big meet: Whatever is put out in front of me except meat because I am a vegetarian

Advice for next year's seniors: good luck have fun you kiddies

Kate Harmon

High School: Severna Park

Years on spy: 10

College attending in fall 2015: Undecided

Hobbies when not swimming: In the summer, I like going out on the river. I also like to cook (mostly mac n cheese), read, listen to music, hang out with my friends from SPY and school, and sleep—I pass out after almost every practice.

Most Memorable Swim: My favorite of the swims I've had so far was at Wilton my junior year. Lauren and I both made finals in 100 Fly, I was top of B final and she made A Final. After prelims that morning I was really discouraged because I didn't do so well. But Jim firmly suggested Lauren and I stay and so we pumped ourselves back up for one more race. I went not only a best time by more than a second, but I actually went a faster time than Lauren did. Only by .15 of a second, but I still had bragging rights for about a month. After my swim I went over to Jim, and I was jumping up and down from my excitement. Being Jim, he said something like "oh aren't you glad I told you to stay for finals?" and then congratulated me on my best time. I've had plenty of other memorable swims, mostly ones where I was at a high school meet and winning the heat meant beating Broadneck and things like that. But I feel like my most memorable swims will come in February at HS states and whenever my last race as a SPY will be, either at LC states or LCYN. I'm sure the feeling will be incomparable to anything I've experienced in my swimming career this far.

Most Memorable/Funny Moment: Basically every practice is hilarious when you swim on SPY and for SPHS, especially in lane 4. It's mostly the little things that everyone does that I'll really miss. Sometimes I don't even know what Anja, Madeleine, Lauren and I are laughing about but it's still funny. Some of the things I'll re-



ally miss are the constant SpongeBob jokes with Matt and Lauren, Madeleine's singing and screaming, Anja's side comments and weird stories about corporate businesses and the awful things they do, Haley's dry humor, and of course Lauren's sarcasm. I can't forget Nick Howard's strange butterfly kick, Abby's stories about her peers at Annapolis, and all of the hilarious impressions that Allison could do. I love my car rides with Sabrina, Kiera, and Annie. Just listening to them interact is hilarious because of how close they all are. Can't forget that one car ride when Lauren didn't come to morning practice and Matt forgot that he needed to help me drive her carpool to Einstein's so we ended up somehow seating 7 people in my little Honda civic. It still amazes me how we didn't get pulled over/the car didn't break down (sorry mom, but I had to). Some of my other favorite moments are when Caelan shaved his beard and sent us pictures of him with a mustache, when Lauren did that thing in the HS girls locker room (lls), when the snow cancelled practice so Matt, Lauren, Jack, Caelan, Richie and I went sledding and got in a snowball fight with some little kids, when Sarah asked if she could play a song in the morning and she put on "Tuesday", all the gossip Ian gives me, and of course the time last year when Ian told us that he listened to really good music and then when I told him to play some he played "Gas Pedal". Basically if you couldn't tell I'm really going to miss my teammates next year and I'll get really lucky if I can find people that can make me laugh like they can.

Best Events: 100 Fly and 200 IM

Favorite Set(s): The classic Richard IM set of something like 10x 200 IMs on 3:00. I secretly even enjoy when we do 400 IM sets and even that one time we did a 600 IM. I also like when Crystee does make-it sets of 100s stroke because I somehow end up doing pretty well.

Least Favorite Set: Crystee's insane bracket sets that are like 20438984 times through especially when we have to sprint everything in said bracket and we barely get any rest.

Pre-Swim Rituals: I don't really have any pre-swim rituals other than the fact that I listen to music, visualize my race, and go up to the blocks pretty early. The music I like to listen to before my races is usually really terrible rap music that Lauren, Matt, and I like.

Favorite Meal Before a Big Meet: Some sort of pasta which I usually have been eating the whole week before in order to load up on carbs.

Advice for Younger Spies: Everyone tells you that senior year goes by quickly and it's true it really does, but it also approaches very quickly, so make sure you're constantly working hard. There's no time for thoughts like "I'll work harder tomorrow" because you're going to get to tomorrow and wish you had worked harder yesterday. But that being said, swimming isn't the end-all and be-all, so make sure you keep up your grades, and maintain your relationships with your good friends. Also do high school swimming it's fun.



Marin Miller

High School: Indian Creek Upper School

College Attending in Fall 2015: Hopeful UNW Seahawk but undecided

Hobbies when not swimming: When I am not in the pool I absolutely love spending time with my friends from not only the pool but school as well. I have done theatre since I was three years old and have been in almost 30 shows ranging from ballets to musi-

cal. I also spend a lot of time eating, sleeping, and catching up on homework like any other teenager. As a future medical field student I also find myself watching tons of medical shows and reading anatomy articles and studies. I also try to find as much time as I can to babysit with the little time swimming leaves me.

Most memorable swim: My most memorable swim isn't memorable for amazing reason, it was actually the most frustrating meet of my life. It was the last meet of the long course season before nationals. I missed the 50 free nats cut in prelims by .3 and at finals that night I missed the cut by .01. The next day I missed the nats cut in the 100 free by .5 and came back for finals and missed the cut by .01 yet again. The weekend has been pretty burned into my memory as a horrible let down of a weekend, making it the single most memorable swim regardless of it being bad.

Most memorable/funny moment: Spy is like a second home making it a key part in my high school memories. I would never be able to pick just one memory but I'll share a few favorites. My junior year I was asked to prom at swim practice when my boyfriend and his friends showed up outside the window in "PROM?" T-shirts, lets just say Richard had no idea what to do. The SPY group message has also been quite the highlight this year with all the endless messages from twenty four of us but the bonding that came with it was worth the constant messages. My absolute favorite thing though was coming from another team I had been on for six years and finding a family of kids and coaches that support each other through everything, without the support of Jim I'm not sure I'd still be swimming today.

Best event: 100 free and 50 free

Favorite set: Tuesday morning sprint sets!!! Frankly any freestyle sprinting

Least Favorite Set: Richard's distance death practices. IM especially.

Pre-swim rituals: Lots of water, Ice water. Snacks, fruit and cookie dough power bars. I also have to have music playing until the heat before my race while I'm stretching. I've also noticed that I do thisstreamline stretch where I swing my arms back down and clap behind my back.

Favorite meal before a meet: Angel hair pasta and red sauce with sautéed red peppers with garlicbread and milk.

Advice for next years graduating class: As cheesy as it sounds always believe in yourself, take theSATS more than once, apply to any school you want to (even if its scary), listen to your parentsbecause most of the time they're actually right, drink lots of water, if you're stressed just sit downand breathe before you crash, don't put up with drama senior year it's not worth it and a big wasteof time, you want to enjoy this while it lasts.



Ryan O'Brien

Archbishop Spalding High School

Years on SPY: 8

College Attending in Fall 2015: WPI or Rose-Hulman, still undecided.

Hobbies when NOT Swimming: When not swimming or doing school work, I either read or play video games.

Most Memorable Swim: My most memorable swim has to be the time when I qualified for Raleigh my freshman year in the 50 free. I was almost a full second off, but somehow managed to just barely get the cut.

Most Memorable/Funny Moment: The one moment I will remember most is having to swim over 1000 yards fly in a SPYopoly game... My lane kept landing on the 200 fly, which ended up making the lane that owned the property win.

Best Event: 100 back and 200 back.

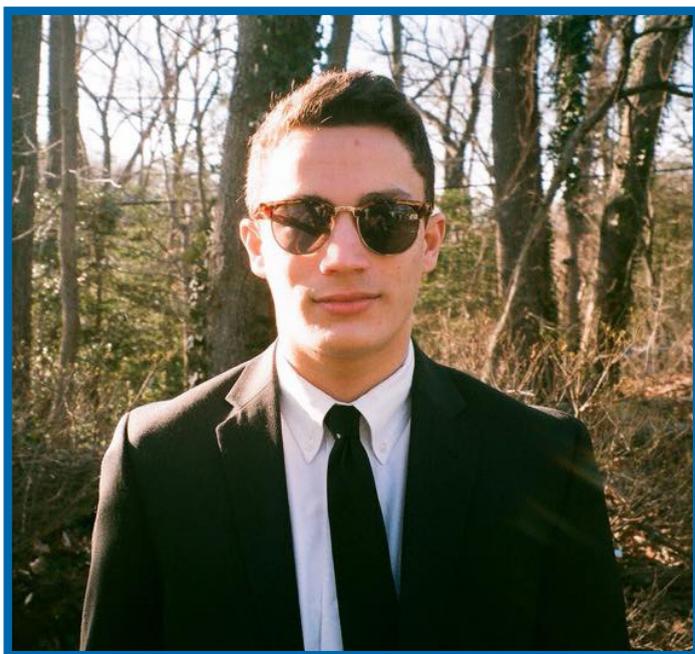
Favorite Set: My favorite set is anything that I can swim backstroke. I'd rather swim back over free any day.

Pre-Swim Rituals: Before I swim, I just take a few minutes to stretch and envision the perfect race. I think through the event over and over again thinking about how far I have to go off my walls, making sure to reach with every stroke, etc. By the time I actually

swim, I'll (hopefully) be able to recreate that 'perfect race'.

Favorite Meal Before a Meet: Nothing original about my favorite pre-meet meal, I just have some type of pasta.

Advice for Next Year's Graduation Seniors: Don't be afraid to push yourself, whether it be in swimming or something else. Worst case scenario, you end up back where you started, but more often than not simply going a single step further can make a world of a difference.



Matt Praley

Severna Park High School

Years on SPY: 10

College attending in the fall: Bard College

Hobbies when I'm not swimming: I'm probably either hanging out with my friends either from SPY or school. Working on my photographs is also a great joy of mine even though I may be alone on my computer for hours trying to edit photos and creating anything that looks interesting. I enjoy sleeping so much more now that SPY has forced me to wake up so early. I also enjoy listening to the most bizarre music that I share with my friends and singing Lemonade with Katie and Lauren.

Most Memorable Swim: Junior year at districts was one of my best meets and the 100 back was the last ever event of the meet so everyone was ready to finish this meet. I was seated 5th at finals and ended getting 4th along side Sam and Doug who got 2nd and 1st. I dropped a good amount of time and it just felt so great for all spy swimmers to place so high. Everyone was very happy for us.

Most Memorable/Funny Moment: The afternoon practices where we go insane because of lack of sleep. For some reason when we get 4 hours of sleep we get a burst of energy and will laugh at anything that happens at practice. Common things that happen on a Thursday afternoon practice are getting into fights with each other about getting water on each other and we end up throwing everyone's goggles in the pool. Cones are also fun to throw in the pool. Of course the coaches hate it but we don't care we got 4 hours of sleep. Sometimes when I get really bored I end up in lane 4 and fooling around with Lauren and Katie. Even though swimming doesn't let you talk at all we manage to talk a whole bunch about stupid stuff.

Best Events: 100 back, 200 back, and 50 free.

Favorite Set(s): Any sprint set where we go in heats are my favorite, so basically any sprint set that consist of a lot of rest. Relay sets and game sets are fun because I swim with people that I don't usually see during practice. They also create team bonding and get everyone to cheer for each other.

Least Favorite Sets: Anything long distance that has us constantly swimming, I am too impatient to swim long distance sets not even a couple 200 freestyles.

Pre-Swim Rituals: Music is what helps me focus and get me pumped. I try to get a certain song stuck in my head to keep myself pumped up. I am usually quiet and don't talk to anyone before my race so that I am not distracted.

Favorite meal before a big meet: Any type of Pasta with bread. The morning of the meet I eat a plain bagel with nothing on it.

Advice for next year's graduating class: Make SPY enjoyable not just for yourself, but for everyone else. Make great friends because you will be spending every single day with each other. Don't be afraid to speak up.

Katie Sharpe

High School: Severna Park High

Years on SPY: 9 years

College attending in fall 2015: Kutztown University

Hobbies when I'm not swimming: When I'm not swimming I'm usually at the pool lifeguarding, coaching, or teaching swim lessons. I enjoy going to the gym with my friends and walking my dog. I also like shopping, pinterest, and making my friends smile every day.

Most memorable swim: Remember that annoying GEICO commercial with the three little pigs going "weee" out the window of the car? Well, I had to swim 500 FR when I really didn't want to. So obviously I complained to Coach Jim and he made a compromise: If I swam as fast as I can, he will make the pig noise on my last 50 of my 500 FR. With that in mind I swam as fast as I can through the water. I completely zoned out to be honest while I was swimming, until I heard this strange noise. As I turn to breathe I see Jim running along the pool deck making the ridiculously obnoxious pig noise. It was the most priceless thing I have ever seen. I had a good swim and a good laugh.

Most memorable/funny moment: Basically every car ride with Ian to and from UMBC practice in the summer. This kid cracks me up every time. LOVE YOU IAN! Also one day at Charlie's practice we just finished a nice, long IM set. While I was sitting on the wall to rest, I feel something grab my legs. Looking down I see Mitchell just hanging from my legs.. Scared me, but it was too funny. Lastly, the Aqua Man with Coach Ken. We had off of swimming for a few days during spring break and the next thing I know I'm



running 3 miles and then jumping into a pool to swim a 1000 FR. Did I mention this was timed? It definitely wasn't that funny, but it was memorable.

Best events: 100 Breast & 200 Breast

Favorite sets: Anything kicking, involving paddles or fins, and Charlie's famous 1000 SKIPS

Least favorite sets: Anything involving sprint, backstroke, or pull buoys.

Pre-swim rituals: I don't really have any rituals or superstitions. I just try to keep myself calm and composed. I like to stand by the coaches and watch others swim and take note on how they're swimming. Also I go to the blocks early so I don't miss my event (it happened before).

Favorite meal before a big meet: Pasta and sauce. Gotta get those carbs in. Plus any other food I can find, because I get so nervous at meets, I barely eat any food.

Advice for younger swimmers: Do what you love. Set goals and achieve. Go to every practice, and don't sit out. Train and you'll succeed. You guys swim with each other 24/7, so don't waste your time on drama. Also thank everyone that has helped you get this far.

Adam Smith

High School: Broadneck

Years on Spy: 7

College Attending in the fall: Lehigh University

Hobbies when I am not Swimming:

PC Gaming, and watching Movies. Not really too much else.

(Unless Homework counts as a Hobby)

Most Memorable Swim:

This is hard for me but I will have to choose three.

The first was before I was even on spy. It was at a summer meet; Bay Hills @ Ulmstead, I was swimming Butterfly, I got out of the pool and ran (on deck) to the bathroom. When I came out I discovered I had made the ESPL Silver Meet for the first time.

The second was in 2008, my first year on SPY. Also my first 200 freestyle, when I finished Jim looked seriously mad at me. I looked around and where I had stopped all the other swimmer were still swimming. I swam a 1:50. I pushed off the wall and finished the race.

The third was a couple of weeks ago at MD States. I was swimming one event: 100 fly. This was my first (and last) race at any Maryland States ever. I swam it in 57 seconds, and I felt wonderful.

Best event: 100 Fly (see above) also kind of ok at 200 fly.

Favorite set: Definitely Spyopoly, I know probably the majority of people will say this but, I find it seriously fun. (Even though I have never won)

Least favorite set: anything with kick or more than 200 yards of Breaststroke.

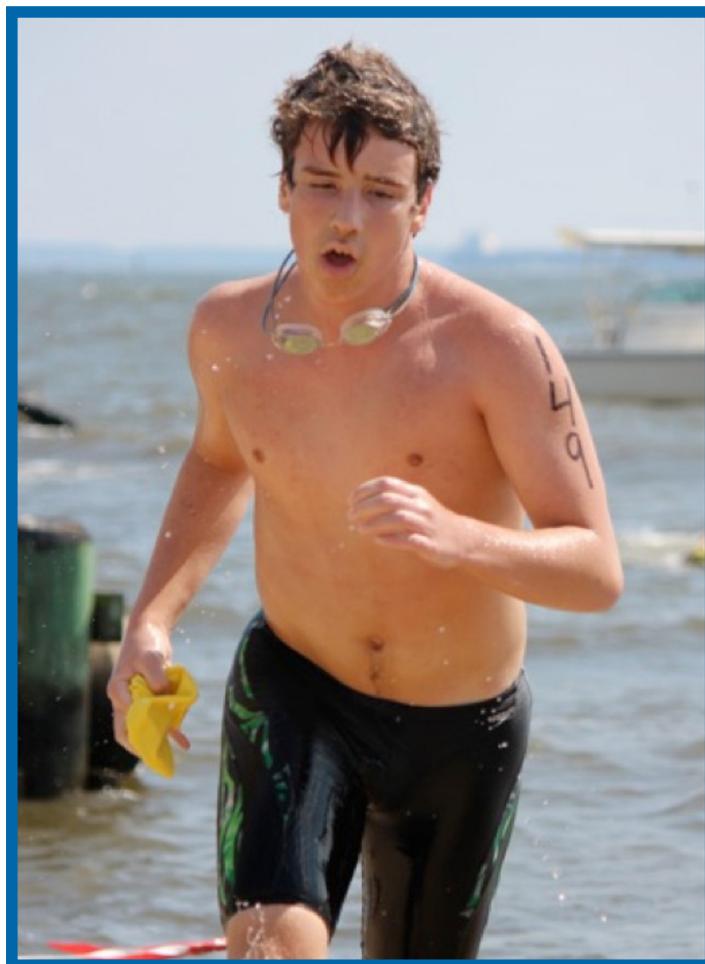
Pre-Swim Rituals:

I listen to pump up music such as: Seven Nation Army by The White Stripes or Pompeii by Bastille, for the entire meet. then behind the blocks I crack my neck, roll my shoulders, and step up.

Favorite Meal before a meet: Chick-Fil-A Spicy Chicken Sandwich Large Meal, or Chipotle.

Either one works for me.

Advice for next year's class: While winning is great, and dropping time is AWESOME, having fun doing what you do and leaving with a story to tell is the best.



Farewell thoughts about our seniors from Crystee:

Lauren Belloff-Wow! It's hard to believe you are graduating. You have come so far in the last few years. You always have the funniest questions and always timed just as I am about to press the dreaded start button! I think you planned it that way :) Best of luck to you next year! You better come back and swim with us!

Katie Harmon- You are such a positive influence on others. And such a goof ball, in a great way! I am going to miss the energy you have in the afternoon. Reminds me of a little kid that is running on empty. Throwing everything in sight in the pool. laughing hysterically and eventually getting in the pool. Good luck next year!

Anja Benson- You really have a great personality and I feel like I got to see a lot of it this year! You have always been such a consistent hard worker. It has been fun getting to know you and to coach you over the years. Your exuberant methods of getting in the pool will be missed for sure! Best of luck to you next year!

Madeleine Farnham- Still will never forget you walking on the deck as a 8 and under at AACC. For some reason, I pictured you in that moment as a 17 year old walking in as a SPY. And now here you are graduating from SPY! I will miss you next year either tailgating me down Benfield or trying to catch you on our way to am practices! You are one of the loudest swimmers I have ever coached and one of the silliest! Oh and our shared love of Eminem will always be our bond! Best of luck next year!

Matt Praley- You have always worked so hard in practice. When you are comfortable you are so fast! I always appreciate your support during practice, especially with the chatty crew that surrounded you! I think you could always tell when I was about to explode! I am so glad you are going to BARD and I know you will continue to get faster! Come visit next year!

Sam Fuller-I remember when you came to SPY too! And that's all I'll write here about that :) You have become such an all round swimmer! And I have to say I am so glad I don't coach you Mondays! IM's and SAM don't mix well! And just as a little reminder....KICK KICK KICK KICK KICK! It's been fun to coach you and to see you excel in the pool! Best of luck to you next year!

Richie Baker-I remember your first day at SPY too! You came in as a pair, with Sam. You have really grown UP since coming to SPY! Every practice I can count on you for the same misinformation on the inclusion of relays. You are persistent, one day we may do relays all practice...who knows :) Oh and you and kicking are not my favorite to watch EVER!!!! I think you know that! Best of luck to you!

Sabrina Douglas-Again, how are you graduating?? Time sure does fly! You seem to always have a smile on your face. I love how you have tried so hard this year and how you get that a personal best is still fantastic even if it's not the time you wanted. Best of luck next year! Come back and visit us!

Marin Miller-Glad you made your way back to SPY! Although your time at SPY has been filled with injuries and set backs, I have always enjoyed our conversations while vertical kicking. Your desire to stay with the sport you have always loved is admirable, even through all your ups and downs. I wish you the best in your future with your RICH husband! Come back and visit next year!

Adam Smith-I will always remember your tryout for SPY. There were no lanes free in the main pool, so we went into the therapy pool and you had to swim the width a few times. Best tryout ever! Heated pool, 40 yard swim and you looked fantastic! So happy for you and your accomplishments this year making states! Good luck in your future and at Lehigh!

Katie Sharpe- You are such a hard worker and such a great help at practices. You are such a great role model to those swimmers in your group. Your dedication and perseverance will serve you so well in your future. I wish you the best next year at Kutztown next year!

McKenna Brennan-I am glad you came back to SPY for your last year. You have a natural talent for swimming. If you set your mind to something, you can achieve it. I always wished you had stayed at SPY and we could have seen how fast you could have gotten. I'm glad you got to go to States and I wish you the best in your future! Keep swimming!

Sophie Bowes- Glad you came back to SPY as well! I hope you enjoyed your senior year here with the team. I wish you the best in your future and I hope you keep swimming!

Ryan Obrien-Glad you made your way back to the SPIES group! It's been a bumpy road for you these past years. You have always been such a hard worker. I know if you continue to swim in college you will reach your goals! Best of luck to you in the future.



Farewell thoughts about our seniors from Richard:

KKate Harmon - You've always been interested in the details of swimming and how to tweak your stroke to perfection. A hard worker as well. You made me change my habits and pull all the cones off the blocks since you seemed to get the urge to knock them all in the pool! Best of luck.

Lauren Belloff - I was so happy for you when you made nationals a few years back. Continued training and hard work paid off. You've always been easy and fun to coach, although I wish you'd leave the giant rubber duck out of the pool! Good luck next year.

Katie Sharp - You were always one I could count on to help get the group to listen. Always paying attention to the coaches and listening well. Your continued hard work did not always result in the goals you had hoped to achieve, yet you always continue to work hard and I know that will eventually pay off. Best of luck.

Anja Benson - You seem so much more talkative than back in the day. Even though I won't tell you what we're doing at practice each day before we start, you always try to find out. You've never been afraid to try a new event, tackling many distance events as a young swimmer. Always a hard worker even in parts of practice that aren't your strengths. Good luck next year.

Sabrina Douglas - I remember, probably 4 or 5 years back you seemed on the fence about continuing SPY, but then in the summer you found out you were moving to the next group and suddenly you seemed so excited about it. Glad you kept on swimming and wish you good luck next year.

Sophie Bowes - Finishing up where you started years ago! I still remember that jib-jab video you made of the coaches back probably 7 or 8 years ago! It was awesome. Wish we could have seen you a bit more at practice this year but understand senior year is busy. Good luck next year.

McKenna Brennan - I think this is your third round with SPY? Glad you came back to finish up where you started! You've always been enjoyable to coach. You're a very gifted swimmer and I think if you want to can continue to improve in college. Best of luck next year.

Matt Praley - Always the coolest middle name in programs! I remember you being fairly quiet as a younger swimmer, but have definitely opened up in recent years. Definitely a hard worker throughout the years. You've been a very enjoyable swimmer to coach and I wish you good luck next year.

Marin Miller - OFST!!! From the summer swimming days, to the first round at SPY, then on to that other club...and then back to SPY, it's been quite a journey over the years. It has not always been the easiest path forward and I know you've dealt with many obstacles and hope you're continue to strive for what you enjoy. Best of luck next year.

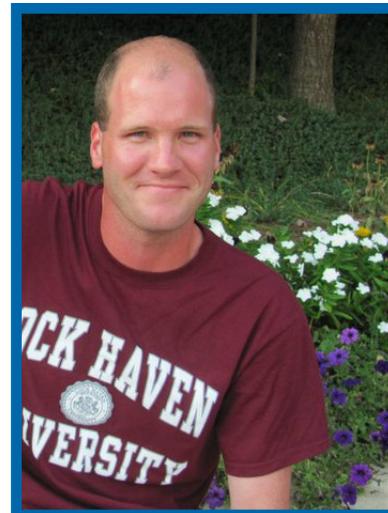
Adam Smith - You've come a long way from your first day on SPY. From the world of C&P's to capital classic and Maryland states in recent years. You've always been a bit of a wild card in practice, some days leading the group and other not quite feeling it. The overall hard work has paid off and hopefully that continues in the future. Good luck.

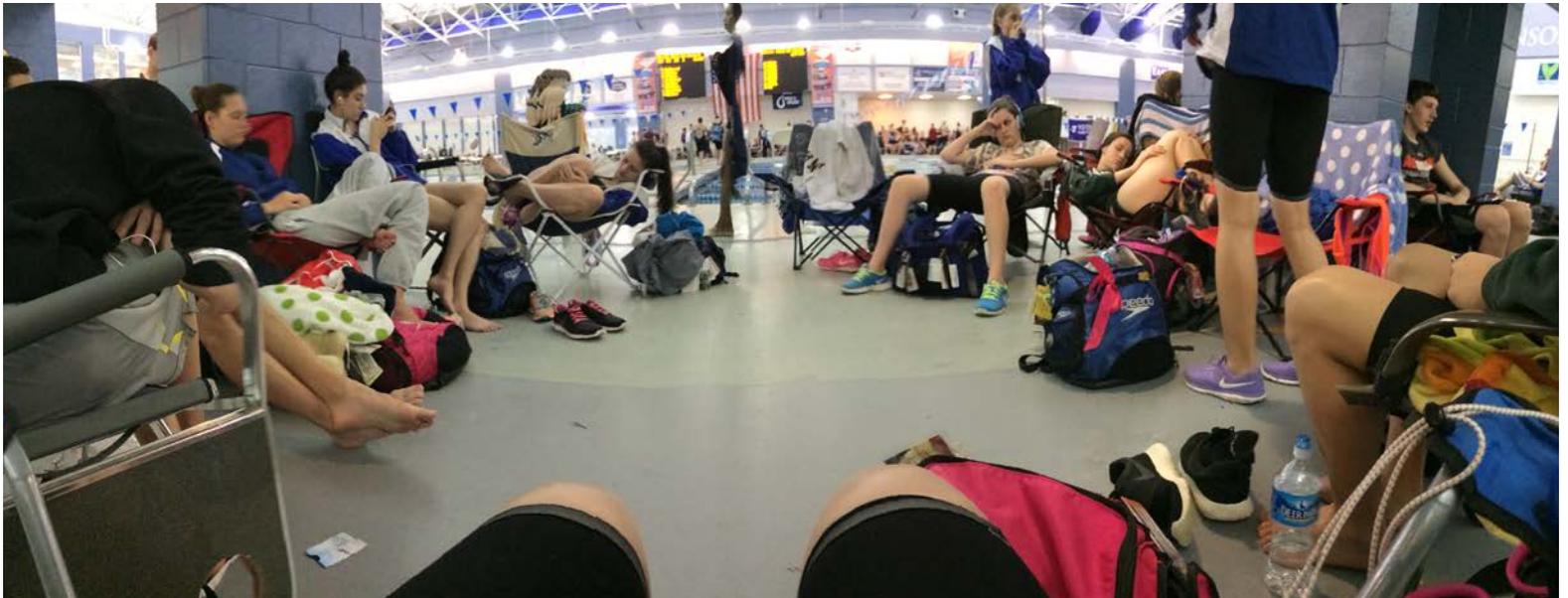
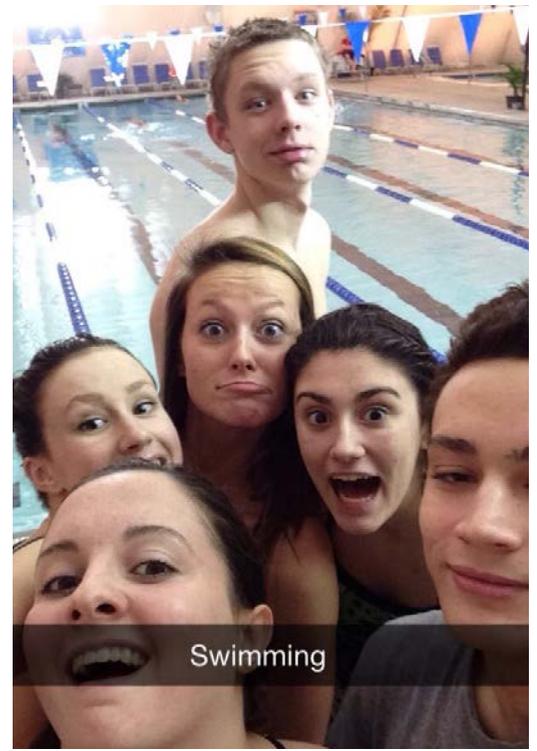
Sam Fuller - K-I-C-K!!!! Just imagine the possibilities. Even without the full use of your legs, you've become an elite national swimmer, really dropping time in chunks a few years back. Always been fun to coach and a hard worker through some pretty grueling sets. Have fun and good luck next year.

Madeline Farnham - I flash back to the 8 and under mini meet my first year of coaching. I knew who you were only when you had a cap on. I figured it out pretty quickly after that. Always very energetic and free to speak your mind. I remember you taking a few months off from swimming maybe 5 years ago and I'm glad you decided to stick with swimming. Best of luck next year.

Richie Baker - As you told me recently, "I can swim correctly when I want to Richard". I wish that would be all of the time! Quite a lot of improvement in recent years and I'm confident you'll continue to improve in years to come (and even faster if you practice correct all the time!). Good luck next year.

Ryan O'Brien - Quite an explosive underwater dolphin kick! A hard worker over the years who didn't give up through adversity. Best of luck next year.





Senior Superlatives

Best Car: Matt

Worst Car: Richie

Best Role Model: Katie

Most Serious: Sam

Most Likely to Get Lost: Lauren

Most Likely to be Eating: Sabrina

Most Likely to Swim Masters: Anja

Most Likely to be at Practice: Sam

Shyest: Matt

Most Likely to Skip Practice: Marin

Loudest: Madeleine

Most Spirited: Katie

Crystee's Favorite: Sam

Richard's Favorite: Katie

Most Likely to Cheer You Up: Katie H

Most Cynical: Sam

Best Smile: Lauren

Most Likely to be Asleep: Marin

Most Awkward: Richie

Most Positive: Adam

Most Likely to Make You Laugh: Madeleine

Most Likely to be Late: Marin

Most Likely to be a Stalker: Ryan

Most Likely to be Early: Anja

Hardest Worker: Katie H

MIA: Sophie

Most Likely to Talk Back to Coaches: Richie

Best Hair: Lauren

Most Likely to Know the Answer: Sam

Most Likely to Embarrass Themselves: Katie H and Madeleine

Most Likely to Miss Saturday AM Practice: Ryan and Matt

Most Likely to be Studying: Sam

Most Changed Since Freshman Year: Sam

Most Likely to be Successful: Anja and Sam

Most Stealthy: Matt

Sassiest: Marin

Most Intellectual: Sam

Team Parents: Katie and Lauren

Most Likely to Marry into Money: Marin

Most Likely to be Eating: Sabrina

Most Likely to be Working: Katie S

Most Likely to be Smiling: McKenna



LETTERS FROM THE UNDERCLASSMEN

From Haley Gray

Adam, I haven't really gotten to know you these past years, but one thing I know is that you are AWESOME at butterfly. Good luck in the long course season in this fun (sarcastic tone) stroke. I hope you have a great time in college. You will do great things!

McKenna, These past couple years getting to know you have been fantastic. You are an amazing person and are going to do great things in the future (not like you don't already do them now). Joining SALT has been a blast, I am super happy that you and the others helped start that. Your sprinting will be greatly missed next year, especially in the high school season. I hope you have the time of your life in college. I will miss you so much next year!

Sophie, I don't even know where to start with you. We got to know each other when we were in elementary school. I'm sorry you hated me, I liked you but I guess the feeling was not mutually. hahaha good times. But after we got passed the awkward times we became close and it was one of the best things I did. You are a fantastically hilarious person. I will miss our fun sarcastically mean conversations. You were the best sister this high school season. I am extremely excited that you will still be close to me; so this is not a goodbye, but a thank you for making my experiences with you so far amazing.

Katie Sharpe, I will never forget getting moved up to investigators and being terrified that I was going to be alone. You made sure that it didn't happen and invited me to swim in your lane. You, me, Jennifer, and Richie were the fantastic four. We had such great times swimming together and I miss them more than you know. You are one of the hardest working swimmers I know, whether it be practice or a

meet you are always putting 100% into what you are doing. You are an amazing human being, and I know you will be doing even greater thing than you are doing now. Have an amazing time in college! I will miss you so much!

Matt, Getting to know you this year has been so much fun! You are such an amazing swimmer and person. Your 100 backstroke will be greatly missed next year, especially on the high school team, and so will your great attitude. You never fail to make someone feel better and put a smile on their face. I can wait hear about all the great things you will be doing in the future. Thanks for all the rides to Einstein's and school when Lauren was not there. In return you got to use my lucky cap! I'm going to miss you tons next year!

Ryan, Although we have not talked face to face much, I can get a pretty good idea of your personality through the group chat and Isabel Whaling's car ride experiences with you. You are a hilarious person, and that will be greatly missed next year! You and Sam are the team's comic relief. Good luck next year, and in the future.

Sabrina, I have no idea where to start with you. First and for most you are my sister and I don't know what I am going to next without my sister. Who am I going to argue with about pointlessly stupid things? Being moved up to the SPIES group last year with you was the best experience and I was so lucky to have you with my the entire time. Your swimming styles will be missed, my personal favorites are the dolphin, the bouncing of the bottom, and the lane line pulling (just be careful about those light up lane lines). Being your baby sister for more than 10 years has been the absolute best experience of my life. You will be a great teacher one day. Have a blast at Ohio University. I would write more but I am currently crying and the computer screen is becoming blurry. I love you so much!

Richie, I would just like to start by saying you are such an interesting

person. I know you will still be swimming with us next year so this isn't really a good luck and goodbye but an I'm excited to start over this fun year! Your hilarious personality really adds something to our team! You are such a nice guy and great swimmer! I wanted to thank you and I also thanked Katie Sharpe for taking me in as an investigator and letting me swim in your guys' lane! Good luck in the long course season, and I'll see you next year!

Sam, It has been such a pleasure swimming with you this past season. Your weird sense of humor will definitely be missed, especially those lovely pictures in the group chat. Thanks for keeping SPY a national team. Good luck next year, and in the future!

Madeleine, I am so happy that we became friends this year! You are one of the funniest and craziest people I know. And you helped me reach my goals this year (my goal was making you feel like an incompetent loser) jk I'm super nice to you! I'm going to miss your loudness in the morning more than you know. The water helped me to wake up on the fun morning practices but your loudness and happy attitude helped more. I'm also going to miss our sarcastic conversations and your Harry Potter battle cry. Good luck next year and in the future, I know you will do great things!

Anja, I cannot even express to you how much I am going to miss you next year, and in all the years after that. You have been the absolute sweetest and most loving person to me this season. When I get to practice every day I look forward to many things but one that is on the top of my list is my hug from Anja. When I walk on deck you are there with your arms open and ready for a hug. You're like the little girl in the Santa Claus 3 movie. Your hugs are magical! You are an amazing swimmer, person, and friend. Some random things that I will remember about you is your crazy fast changing after morning practices, your ALWAYS positive attitude, your pep talks when I'm nervous before a race, me putting away your big pearl earrings every once in a while, your EXTREMELY inappropriate suit with the hole in the side that I bug you about, and so so much more. Something that I will also miss is your humor. You are one of the few people that never fail to make me laugh and put a smile on my face. I am so excited to see what great things you will be doing in the future. Good luck in college next year! Love you tons!

Marin, It has been so much fun getting to know you this past year. You are such an amazing swimmer and person. I love our conversations about Grey's Anatomy and will miss them so much and you of course. You are such a funny person and always make me laugh. Your sarcasm is always appreciated and your sass will be missed. I can't wait to see where your modeling/swimming/acting/obsessive Grey's Anatomy watching careers will take you. I know you will do great things like you are doing now. Good luck next year and in the years to follow! I love you so much!!

Lauren, You are an AMAZING person. The one thing that will always stick in my head about you is your smile and positive attitude. You never stop smiling. Whether it be walking in the hallways at

school, talking to anyone around you, showing pictures of your dog (*especially when you are showing us pictures of your dog), and even swimming. You are an amazing swimmer and an even more amazing person. Your constant happiness will be extremely hard to replace next year, I don't even think the whole entire team combined can bring what you bring every single day to our practice. I will miss you so much next year, you have no idea. Thank you for making SPY a team again. I really appreciate you being my mom this year and driving me to Einstein's and school. I love how you act like my mom and stop Sarah and I when we are fighting over shot gun and when people are bickering in the group chat your famous "Find your chill" and naming the chat "Group chat of no chill". I still stick to what I said when we were at Ledos (I added the 's' even though its technically not correct), I think you would make a great yoga instructor. Some random memories that I would like to bring back to life would be when you and Sarah left me in the rain that one afternoon, the countless occasions when I asked you for a ride and you ALWAYS said yes, when we all laugh about the most stupid and random things, your constant showing of pictures of your dog (which will never get old), when we listened to Taylor Swift album right when it came out and knew all the songs before they became radio famous, your death stare when I don't change fast enough in the locker room, and so much more. I will miss you so much next year and in the years to come. You are going to do such great things, and I can't wait to hear about them! Love you tons!

Katie, Words do not even describe how much I am going to miss you next year and the years to come. You have been the absolute best team mom that this team has ever had. You gave your speech in the beginning of the season when we were all voting for captains and you said that you wanted to make SPY a team again, and you did. You are the hardest working and most dedicated person that I have ever met. You are so dedicated to this team and are so kind to everyone on it. You are also so dedicated to yourself and always push yourself to do better at practice and at meets which is something I look up to. Last year I was uncomfortable and didn't think the SPIES group was going to be the group for me. You and Lauren as captains changed that completely for me and showed me what being a part of a team is really about. Thank you for always being positive and pushing me to do better. Your constant positive attitude and toughness when necessary has been the best motivation anyone could have given to me. On a not so mom note you are also the funniest and craziest captain. You never fail to make every one laugh by doing or saying some random weird thing. Some fond memories I have from being around you 6 days a week for the last 7 months at practice and out getting food (the only two things that SPY does together) include driving to high school practice with you, Annie, and Sabrina, our sarcastic conversations about the weirdest things, going to get various types of food, going to your house and eating more food (a personal favorite was the cookie potluck), racing at random times during practice (you may have me in the 100 free but I got that 500 :), a recent but good one would be the "Haley come here, come here... peanut butter". To

which I would reply “Katie come here... jelly” then we would endure physical abuse to tell people the secret. Shhhh. One more memory that will stuck in my head forever was when driving to school and being stuck in line entering the school and we would pretend you would tell the crossing guard that “Kiera is my life partner and she has really bad diarrhea so we need to get to school right now.” Now back to being serious. I am so excited to see what you will be able to accomplish in the long course season, and even more excited to see what you are going to accomplish in the years come. I know you will do great things. I am going to miss you so much next year. Good luck in college. I love you so much!!

From Ian Weiner

Madeleine-I would like to start by saying how happy I am that you didn't give up on swimming after you had surgery during junior year. It takes a lot of perseverance to come back and swim when there's only one year left to redeem yourself. I've enjoyed every moment we've spent together, but my favorite is when we hold hands and sing songs as loud as we can out the windows on the way to morning practice. Good luck and have fun in college!

Lauren: I can't decide to start this letter by calling you a wonderful captain or team clown. Every day at practice, I would hear you and Katie screaming from across the pool, and bust out laughing from the little bit of what I was able to hear. Thank you for all the rides you've given me and all the “life lessons” that I was taught. Good luck in college!

Matt: I really enjoyed riding with you this year because of the not white-girl themed hipster music you would play. As Kiera would say, “I do not feel worthy enough to be in your presence.” Since you are studying photography, I will make sure to hire you for my wedding. Have fun at Bard!

Katie: (mom) Thank you for being the best captain I've had since becoming a SPY. It was fun to see the team come together over so many different events. I will always listen to good music, no matter what you think. One day we will unite our speakers and jam as one! Make sure you don't wreck your mom's minivan, since you have lots of kids already. Best of luck in college!

Richie: You are quite the character. Always reciting your favorite commercials and cartoon episodes, and the way you scream everyone's name before, during, and after their races is incredible. I will miss you slapping your beats on my head, making it vibrate until the song is over. I know this isn't a final good bye since you are going to AACC next year. Enjoy the rest of senior year daddy long legs.

Marin: Once upon a time there was a Marin. She performed in one pageant and was forever called Ms. Gold Digger. Swimming in a lane next to you this year was quite fun, especially when it was a Thursday afternoon and we were exhausted. I'm happy that you continued to keep swimming even after your multiple injuries. Best

of luck in college!

Sam: You are definitely one of the most interesting people I know. Unfortunately, we never talked much unless we were on the same relay but it was always fun to listen to you, Richie, and Brendan talk about your unusual video games. I give you props for being able to score all 5's on your AP tests. Have fun in college!

Anja: AKA the worst driver of SPY because you're the only one who has been pulled over. The way you swim, kick, pull or do whatever when you don't make a set amazes me. It's not every day that you find someone who is able to keep a positive attitude like you do. Also, I would like to give you the most spirited award even though you stand on the side of the pool, stick your arm out, and scream...except it's not screaming because your voice doesn't get any louder than normal. Good luck in college!

Sabrina: (Rojo part 1) The love for food that we share is unexplainable. WE AIN'T LEAIN, NO WE AIN'T. However, you will be going to college soon and I wish you the best of luck. It also amazes me how you are able to love so many kids and visit them every day. Enjoy the rest of senior year!

Katie Sharpe: SSCCAAARRRRDDDDIIINNNAAAA!! Thank you for getting up during the summer and taking me to UMBC even though you didn't really want to be there. I enjoyed driving with you and hanging out with you at school. I will always shout at you while I'm swimming and you're lifeguarding. Have fun in college!

Sophie Bowes: Even though we spent more time together during High School swimming than SPY, it was still great to meet you. It's a good thing that you are going to AACC next year so you can take more amazing photos. Make sure you shed some light on our plant, and don't back your car into another fire hydrant. Enjoy the rest of senior year!

McKenna Brennan: Just keep breathing, just keep breathing, just keep breathing. It's great how you never seem to let your asthma stop you from swimming. Keep cheering for people no matter how high your voice may seem to get. Have fun in college!

Adam Smith: Even though I didn't know you that well I would like to say that I'm happy that you kept swimming all the way until the end of senior year. Best of luck in college!

Ryan O'Brien: As I said in Madeleine's letter, it takes a lot of perseverance to come back after a shoulder injury junior year. Even though we never talked much, I would like to admire your hard work. Best of luck in college!

From Jack McKeenan

Richie Baker: Richie, it was truly a blast swimming with you in a lane this year. You're by far one of the craziest people I know, and you always kept practice interesting. We've laughed a lot over the years, whether about references to Key and Peele, jokes about politics, or

during the countless stupid games we've played to keep ourselves occupied. Your personality amazes me, and your occasional pre-race musical bass overload was awesome to get me pumped up. I know you're always on taper, and you're "getting too old for this stuff", but you're not even leaving next year, so we'll have a whole other year to keep the fun happening! ~Jack

Lauren Belloff: Lauren, it's crazy how this year we first started to bond in calc class, and got even closer at the pool. Your sense of humor is amazing, and you always make the funniest comments or the funniest faces. You've also been a fantastic captain and always been super nice and chill and I'm really glad I got to know you so well this year, and it stinks that you have to go ahead and leave. I know you'll just keep getting faster, so good luck in college and thanks for all the things we've done and the fun we've had! ~Jack



Anja Benson: Anja, it's been great swimming with you this year. You're honestly one of the nicest people I know and you have an awesome personality. I wish I got to know you a few years ago, because it would have been so much fun with more time. You're really fast (which was pretty annoying when you were against us in high school season), and I hope you have fun after this year! ~Jack

Sophie Bowes: Sophie, It was a ton of fun swimming on the high school team with you for the past three years. I'm super grateful for your fantastic photography skills that will make these memories last for a long time. I hope you have fun in college and remember to keep on swimming! ~Jack

Mckenna Brennan: Mckenna, I don't even know how many years I've had the pleasure to know you, but they've all been awesome. You're always the nicest person and incredibly fun to be around. I'm glad I had the honor of being a captain with you this year on the high school team, because we had a lot of fun times this year and all the rest. Not only are you amazingly dedicated to swimming no matter the difficul-

ties, but you're also really smart, and I wish you luck in whichever top notch college you go to! ~Jack

Sabrina Douglas: Sabrina, I've been swimming with you for so many years, and all the time I'm reminded of how nice and fun you are. You're incredibly easy to be around, because you have a great laid back attitude and like to joke around. We've shared a lot of great experiences through all the different practice levels of SPY and on the high school team and even against each other in the summer, and it'll be sad to see you go, but I know you're going to have a ton of fun at college next year. Stay as fiery as your hair, and keep having fun! ~Jack

Madeline Farnham: Madeline, you're one of the loudest and craziest people I know, and that's an awesome thing. It always amazed my how at 5 in the morning you somehow were able to be screaming about who knows what with so much energy. You're a fantastic swimmer, and also a fantastic teammate who I'm glad I got to swim with this year. Thanks for being so friendly, and I hope you have a great time in college! ~Jack

Sam Fuller: Sam, there are so many things I could talk about because you drove me around so often this year, but there wouldn't be room. I found out you have one of the most fun personalities once I got to know you so well. You are able to make just about any situation seem hilarious. The speakers in your car just have the best sound quality now, which is a good thing because you can listen to Taylor Swift and every other singer you love. Even if James would clutter up your car every once and a while, or we would take too long getting ready or at Einstein's, I just want to thank you for putting up with our antics and making this year so enjoyable. You're going to have to keep in touch, because I don't think I'll be able to remember what place you got at nationals or what your AP test scores were. I know you're just going to keep getting even more impossibly fast, and I hope you have an awesome time next year in college. ~Jack

Katie Harmon: Katie, I've gotten a lot closer to you, and I don't know what I would have done this year without you and Lauren being the amazingly fun and hilarious team captains that you are. You're generosity and kindness amazes me, and your living room feels like home because of all the times we all spent there in between practices or at however many team dinners. I also can't believe you're already 24 years old! The birthdays seem to fly by so fast! I'm glad that after like a billion trivia crack games we know who's really the best. Whether you were playing loud music before or after meets, or doing something crazy at practice, or we were sledding in not enough snow, this year was incredible. Have fun in whichever college you pick, and thanks for making this year so memorable. ~Jack

Marin Miller: Marin, unfortunately I've only been swimming with you for about a year, but you have always been really kind and funny and sarcastic. I'm glad you were able to keep swimming through injuries and be able to be a fun part of the team and a positive person at meets and practice. You may act like you hate us when we're being

annoying in group chats, and I think its hilarious, but I know you don't think we're too bad after all. Good luck with everything next year, and I hope you have fun wherever you go. -Jack

Ryan Obrian: Ryan, you are certainly a fun person to be around, because you constantly joke about people or places or things. Our SPY group chat wouldn't have been the same without all of your totally unannoying comments or pictures. You lighten up the mood whenever you're around, which is great, because lots of times when I'd swim with you guys this year during an exceptionally difficult Richard practice, laughing is a good way to forget the pain. I've known you for so long through SPY and summer swimming and it's going to be weird without you next year, but I hope you have fun in college! -Jack

Matt Praley: Matt, this year I've gotten to know you much more than ever before, and I must say you are the epitome of chill and down-to-earth-ness. Riding to high school practice was fun because you would always have some funky music playing and you could handle that big old car like a Ferrari. I'm thankful for how you drove me around and were a truly great person to be around who was always keeping it real. Have fun next year in college! -Jack

Katie Sharp: Katie, I swam with you for so many years and you never failed to be extremely nice to me and everyone else. I'm pretty sure you were able to keep us from being too disastrously annoying back in the good old days of sleuth and early investigator practices. I also remember there were many times over the years where we would be doing stroke lanes and you and I would be doing breaststroke together along with maybe another person or two who dared try it. Its been fun, and I hope you have a great time in college! -Jack

Adam Smith: Adam, I've had the opportunity to swim in a lane with you for a few years of our swimming career, and you never cease to amaze me with your determination. It was awesome to see you do so well in fly this year too. You're an incredibly friendly guy, and you've told me a ton of stories and jokes over the years in between sets or in the locker room, and I'll never forget you because of your kindness. Also, have an awesome time at Lehigh next year! -Jack

From Kiera Murphy

Dear Marin,

I remember when you first joined SPY from Navy and I had heard all about how fast you were at freestyle and breaststroke and you kind of scared me, but now after a year in lane one together I have come to know you quite well (a little too well). We have shared a lot of great laughs together, and I will always envy your ability to curl and braid your hair perfectly. Good luck at wherever you wind up (hopefully UNCW), I know you'll be fine!

Dear Sam,

I don't think we really ever talked until the end of last year when you attempted to teach me how to beat the game 2048, and I still have not beat that game. But besides being successful in video games, I'd say you are probably one of the smartest people I know, considering the fact you understand physics, which is a completely different language to me. Also your backstroke is incredible and I will never be able to comprehend how you can swim that fast. It's been nice getting to know you Sam, I know that you will succeed in whatever you do because of your determination. Good luck!

Dear Richie,

I don't even know where to begin. First of all I'd like to thank you for not asking my boyfriend to prom even though I know you wanted to. I'd also like to thank you for entertaining me at swim meets and practices, but I would appreciate if you didn't pull me underwater when you passed me J. You are incredibly tall and I will miss trying to jump and give you a high five before and after my races, and you're version of "Baby Got Back". Well Richie, I have one thing left to say. You're getting some cold cuts today (and every day)!!!!

Dear Katie (Mom),

I honestly do not know what I would've done without you this year. You are so considerate, funny, and fun to be around I am going to miss you so much next year! I know that wherever you end up you will be happy and successful, because you're Dave Harmon's sister (that was a joke), but mostly because you are an awesome person. I'm going to miss our Tuesday and Thursday morning jam sessions to Beyonce in the senior parking lot while people stare at us weirdly, and our races to Einstein's (Sarah you're going down next year). I am also going to miss our processed potlucks at your house before high school practice and our rants about having non-existing eyebrows. But in all seriousness, you are going to be so successful in your life because of your kindness and dedication. I'm going to miss you so much next year mom! -Kiera (Your Favorite)

Dear Lauren (also Mom),

You are so much fun to be around, I will miss attempting to keep up with you at practice. You have an incredible butterfly and I admire you're ability to turn anger into determination and then use it in the pool. I had a lot of fun with you at Long Course last summer and this year in the locker room, at Einstein's, and on our car rides to High School practice. I think I have come to master buckling in to your passenger seat. You are so kind, funny, and have amazing hair. I wish you the best and hope I get to spend some more time with you at long course this summer! Good luck! I'm going to miss you!

Dear Anja,

I have had a lot of fun getting to know you this year at practice, in the locker room, and at states. You're really funny and nice and I love your prom dress! I love watching you race because you are always so

determined to finish first! Also, you are always cheering for whoever is in the pool racing. Thanks for being such a great teammate and friend I wish you luck to you wherever you go and hope you will come back and visit next year! One more thing, GO Falcons!!!

Dear Madeline,

You are absolutely insane. But the good kind. I'm going to miss your craziness and loudness when you go to college. You're ability to make people laugh and smile makes morning practice a bit more bearable. I'm glad we have gotten to know each other this year, you can always make me laugh. Good luck in college! And make sure you come back and visit!

Dear Sabrina,

I love you girl. We started our swimming careers together when we were like 5 and it's been a crazy ride. I can't believe you are graduating this year it seems like yesterday I fell off the block at our first practice. You are like a sister to me. We have had so many great memories on SPY and NCA, I can't even begin to list them all. But by far my favorite was that open water swim where we thought you drowned... Needless to say obviously you didn't. I am going to miss you sooo much next year, I can't even explain it. SPY is going to be extremely weird without you, but I know you will have so much fun at Ohio University in the fall. Don't forget to give your sister from another mister a call. And let's make sure this season you leave a great NCA dynasty legacy behind! Stay pretty :).

Dear Matt,

You are such a nice and funny person. I don't know what I would do without you this year in physics... Probably fail. You can always make me laugh and smile. I will forever think of you when I see avocados and lemonade now because of your hipster music. Thanks for driving me to practice from school on Tuesdays and Thursday's and occasionally listening to my random rants. I have enjoyed getting to know you over the past two years and I know you will do great in college as long as you don't sleep too much :).

Dear Katie S.,

You are such a hard worker. I remember when we were investigators together you always had something funny to say. I wish you luck in college! Keep up the hard work!

Dear Sophie,

It's been great getting to know you on the high school team the past couple years. You are a talented photographer and I wish you luck in college. Never lose your spunk!

Dear McKenna,

Firstly I'd like to congratulate you for the 50th time on getting into Chapel Hill and all those other great schools. You must have insanely good time management skills. We've been good friends for a while now and I'm so glad you decided to rejoin SPY this year! I have so

many great memories with you whether it be eating lots of ice cream and ending up impersonating a vacuum or dancing and singing our hearts out! I wish you luck at school next year! I know you will do great. Make sure you come visit me!!!

Dear Adam,

I have enjoyed watching you grow as a swimmer. Your positivity is so inspiring. Keep up the good work! Good luck next year!

Dear Ryan,

You are such a hard worker and it really shows. I wish you luck in college next year! And I will miss your jokes you send into the group chat.

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Dear Ryan,

You are such a hard worker and it really shows. I wish you luck in college next year! And I will miss your jokes you send into the group chat.

From Richie Kogut

Sam Fuller- Sam it has been great knowing you over these past few years, and it's amazing how much faster you have become since you first came on this team. You have managed to become the best swimmer on the team even beating Doug a few times. It's amazing how you always work hard at practice and don't let anything stop you from succeeding. It has been wonderful knowing you and I hope you do well in college. Best of luck, Richie

Ryan O'Brien- Ryan It seems like you have been on this team forever with me. And yet you always seem to have unique views on things, and seem to make fun out of whatever you are doing. It's amazing all of the things you do outside of swimming, even with swimming taking up so much of your time. Glad to have known you, and I hope you continue to do well. Best of luck, Richie

Richie Baker- Richie it has been great knowing you over time, and even better that you'll be coming back next year with us. You always seem to have an outgoing attitude whether it's five in the morning or five at night. With you in the group i'm never able to know if the coach is talking to me or you. Nice getting to know you, see you next year. Best of luck, Richie

Matt Praley- Me and you have been on this team together for since we were like 8. And throughout that time you have continued to be successful in swimming and continually improve. I have enjoyed being your teammate over these years, and hope that you find success in life. Best of luck, Richie

Katie Harmon- Katie you have been a great captain this year, and have been able to organize more team events than in any years past. I have enjoyed having you as a teammate as you are always lively and a great person to be around. I hope you have fun in college, and be successful. Best of luck, Richie

Lauren Belloff- Along with Katie you have been a great captain this year. It has been great being on the same team as you as you are always happy and ready for practice. I hope you continue your success

in college, and wish you luck in the future. Best of luck, Richie

Madeline Farnham- Madeline you are always the most lively and peppy person at practice. It seems that you always are ready to be at practice and have a good attitude while there. It has been great having you on the team throughout the years. Best of luck, Richie

Sabrina Douglas- I didn't get to know you too well, but I wish you the best of luck in college. Best of luck, Richie

McKenna Brennan- I hope that you have enjoyed your years on Spy and wish you well. Best of luck, Richie

Adam Smith- It has been great knowing you and have fun next year. Best of luck, Richie

Sophie Bowes- Good luck next year, glad you've been on the team. Best of luck, Richie

Anja Benson- I never got to know you that well even though you have been on the team so long. I hope you do well. Best of luck, Richie

Katie Sharp- I'm glad to have known you, and happy that you were on the team. Best of luck, Richie

Marin Miller- It has been great to have you on the team these past years. Best of luck, Richie

From Ryan Akhavan

To the seniors:

It has been a pleasure swimming with you at SPY. As I joined SPY up until present day I would always look up to the older swimmers for advise on all aspects of swimming. I would always imagine the day that I too would become an older SPY swimmer and be as fast as you guys.

Thank you for making my swimming experience over the years hard-working and fun! All will miss you when you leave SPY and go on to your next chapter in life. Hopefully you will enjoy your college life by learning more, and making new friends.

I hope the best for you academically and in your swim life. You will truly be missed. I hope you have fun in future endeavors.

From Annie Myers

Marin, I think my first memory of you was over summer swimming one year before we actually knew each other, and you had some crazy fast breaststroke and I decided to imitate it so that I could be faster.

Long story short, I failed miserably. It's been great getting to know you over the past few years, and you always have something funny to say. You also make the best farm animal noises of anyone I know. I've never heard a more accurate horse or chicken sound. Have fun at whichever nursing program you choose to attend!

Sam,

I think you may be one of the most determined people on the team. You are also brilliant and I will never understand physics in the same way that you do. Last year, you were explaining how time passes faster if a clock were on top of a water tower than if it were on the ground. I am still confused about it. I am sure you will do great things wherever you choose to go.

Richie,

You have gotten incredibly fast over the past few years, and I think you're one of the tallest people I know. Thank you for swimming so fast at high school practices and continually lapping me, even though you've run me over one too many times. Since you're swimming for SPY again next year, I'll see you all the time.

Katie aka Mom,

I have had so much fun getting to know you over the past few years, and you're one of the nicest people I know. Thank you for driving me everywhere and I promise to close the doors before you start driving. You always make me laugh with your stories, whether they're about stupid things or yogurt or something random. You're extremely dedicated and I admire that, as well as your motivational skills, especially on the high school team. I'll miss your Club crackers every day and I don't think any other carpool will be able to finish a bag of goldfish as quickly as we were able to. Don't ever let anyone tell you anything bad about your eyebrows (both of ours have come a long way). The rest of your fam will miss you next year!!

Lauren,

You never fail to say or do something funny, whether it's at Einstein's or in the locker room or in the pool. You've come up with some of the best one-liners I've heard. I will always be jealous of your hair and how well it curls by itself. For some reason, the one thing sticking out right now was when you decided to 'change' last week, except you didn't and you ended up doing a hysterical walk/strut back to your stuff while holding up your suit. Hopefully, I can hear you narrate your driving before you graduate, since I am apparently the only person who has never experienced it.

Anja,

I feel like you're my unofficial breastroke buddy because we always do long stroke sets together, and you're also one of the few people who kick my speed. You also have the best outfits in the mornings and you have the best ideas for how to sell old clothes. Good luck at whatever school you end up going to, and hopefully there is a Chick-fil-A close to your campus.

Madeleine,

You're definitely the loudest person on the team, but please don't ever change that. You always make me laugh and your language makes my day (even if it isn't always the nicest). You probably don't even

remember this, but sometime at the beginning of last year, during one of Jim's crazy hard sets, when he was yelling because lane one wasn't making the times, you told me not to worry about it, and it may have seemed insignificant, but it got me through practices for a while, so thank you. Your energy is contagious, and hopefully we'll all manage to be as enthusiastic next year.

Sab Doug,

I have so many crazy memories with you and I cannot believe you'll be in college next year. Nobody else raves about my average water the way you do, and next year, who will be here to grade bathrooms on a letter scale? (I am proud of my A-, even if it is just because you like the soap). You're always there to eat any food I bake, even if it doesn't taste great, or you and Kiera lay on my kitchen floor and blast lil Wayne and then eat half of the food. But I think my favorite memory was when I was in 7th grade and the spies who weren't at nats were practicing with the investigators and Kiera asked who one of the guys was and you replied, "His name is Colin and he's HOT!" and he heard through the glass. That might be one of your most embarrassing moments, but it's one of my funniest. Over the years, we accumulated some more: my life is bro, chocolate/goggles, chocolate bar with nuts, the first time we discovered group texts on the way back from watching Pitch Perfect, all of the midnight birthday cards, the Starbucks creations, your really bad sunburn and my dog-like curly hair. Please don't change in college; stay fiery and I hope there's room for your fish that you care about more than the normal amount, and that there's some good soap in Ohio (otherwise I'll send some).

- Queen of the Ogres, Malone

Matt,

After the first time you ever drove Kiera and me at the end of last year, she got out of the car and said "I am not worthy of the hipster" because your music taste is far superior than either of ours. You're definitely the artsy-ist person I know (sorry Caelan) and you will definitely go far with your photography. You're also one of the nicest people on the team, and I'm sad you're not in my calc class this semester, but I am a little jealous that you dropped it. Also, you have the best socks, no question.

Katie,

I remember my first day as a sleuth and I was in awe of your breastroke and how you just kept going. And now I feel like I always end up swimming breastroke next to you in meets! I wish we could've been able to practice together these past few years! Have fun in college!

McKenna,

I am so sad that you're graduating (even if you're not). I'll miss our car rides to school and thank you for contributing to my early morning rants. I feel like some of my favorite moments over the past few years have happened at your house: Kiera pretending to be a vacuum,

eating enough ice cream to go insane after running to the grocery store in our most ridiculous socks and Sabrina losing her flip flops, and making a crazy amount of sandwiches. I'm sure you'll do great things wherever you choose to go to college and even if we don't go to the same school, we'll have our ramen noodle parties when you're home on break.

Sophie,

I miss high school seasons when we'd sing On Top of the World before every 500 complete with all of the claps. You're also obsessed with Ed Sheeran, which is a great thing, and I promise I'll send you any remix I find next year! You're such a fun person and I'm going to miss your bubbly-ness a lot!

Adam,

You've gotten so fast these past couple of years, and I feel like every time I see you, you have a smile on your face! Good luck and have fun in college next year!

Ryan,

You are always the first one to respond in the group chat, and you always have something funny to add to the conversation. By the end of the year, I will host a team dinner because you want to come to my house so badly? Sorry people told you that was for SPY, so I'll make it up by the end of the season. Have fun in college next year!

From Allison Voorhees

Dear Richie,

It's been so great getting to swim with you this year. Although you constantly irritate Crystee, you make practices more fun with your sense of humor. And also even though you have a sense of humor at practice and meets you still work hard and it pays off in meets. Good luck next year! -Allison Voorhees

Dear Matt,

Even though I didn't get the opportunity to know you that well during your time on SPY, I've always admired your hard work in practices. You try so hard for each set and it's really paid off over the years. Your positive attitude each day inspires me and other swimmers to work hard at practice. Good luck at Bard next year! -Allison Voorhees

Dear Sam,

Swimming with you over the past two years has been really inspiring. Your incredible speed in practically every event has been a great asset for SPY and will be for wherever you decide to take your talents next year! You're a great role model for all the younger kids on SPY that look up to you. Good luck next year! -Allison Voorhees

Dear Katie,

It has been so awesome getting to swim with you the past 2 years in the SPY group. Your positive attitude and ability to bring the team together as captain has always been a really pivotal part of the SPY family. Seeing you work your hardest every single day in practice has pushed me to try to keep up with you on sets I'd rather not do half the time. I know all of us on SPY are so happy you were chosen to be a captain because you are the full embodiment of someone who represents SPY in a positive way. I wish you ALL the best of luck next year and thank you for being a great captain and teammate throughout your SPY career. -Allison Voorhees

Dear Lauren,

Getting to have you as a captain and teammate these last two years has been so awesome. Being in relays with you and watching you swim is always so fun because I can see first hand how your hard work in practice pays off. I always have been so jealous of your ability to do Richard or Crystee's 200 stroke sets butterfly.. That takes a lot of effort. Good luck next year and I know you'll accomplish a whole lot of great things. Thank you for being a great captain, role model and teammate for me and the whole team. -Allison Voorhees

Dear Sabrina,

Having you in lane 5 with me is definitely one of the highlights of my 5am mornings. Whether it's you being absolutely hilarious without even trying or sharing with me the ability to not even move sometimes before and during morning practice. You definitely have improved your practice mindset and I can see how much more effort you put into each practice this year and I'm always impressed when you complain about how tired you are and then end up coming up fast behind me in 100's free in practice. I'll miss you so much next year in lane 5 and I know Kiera, Annie and Haley will too. It's been so awesome becoming friends with you over the years on SPY and good luck next year I'll miss you Sab!! -Allison Voorhees

Dear Anja,

Being your teammate these last 2 years has been so much fun and seeing all your improvement, especially this year, is awesome. You are hands down one of the hardest workers in our group and I've never seen you once take it easy on a set, which is extremely admirable. You have such a great attitude about swimming and about life that is contagious, I wish you all the best next year and I can't wait to see all you accomplish. Well miss you! -Allison Voorhees

Dear Mackenna,

I've swam with you on SPY practically for my whole time on the team. Through your switching teams and coming back to SPY, it's been awesome to see you make states this year and see you improve tremendously. I know Annie and I will never forget that one year at Wilton when you had to swim 200 fly and it was probably like the last event after a long day of prelim swims and you were clearly soooo

tired and even though your breathing on each stroke took place so late it was so awesome for you to finish such a deathly event. I'll miss you a lot and even though you weren't in my practice group this year, it was so awesome to be at meets with you. Good luck next year! -Allison Voorhees

Dear Sophie,

Even though I didn't get the chance to become close with you during your time on SPY I'm sure you did a lot of amazing things and through everything I heard, I'm sure you were awesome to have in the pool. Good luck next year! -Allison Voorhees

Dear Adam,

Although I only got to practice with you for a short time this year, it was evident what a hard worker you are and I'm sure that paid off in your races! Good luck in the future! -Allison Voorhees

Dear Marin,

Oh jeez... First things first, I have never met someone so full of drama in my whole life but I love you for it. Even on boring days I can count on you for a good gossip story about just about anything. You are truly so nice no matter how hard you try to be mean like Madeleine and I. I can count on you, as well, for a good luck text if you're not at the meet or a good luck hug if you are; and I thank you for that more than anything. You make SPY so much more enjoyable and when I come to practice sore, tired, sick, etc. you always are there to say "me too" or to complain right along side of me. I can honestly say I couldn't have made it through the investi-spy period sophomore year without you at morning practice. I never thought I could be friends with someone who I see between 8 and 9 times a week, at 5 in the morning and for never ending 3 day meets but we made it happen. Even though you were injured a lot for the past 2 years, you continued to impress me with your performances. I think one of my most memorable swimming moments for you that I can think of was when you went a 56 in 100 free for the first time since you'd been injured. I really can't express in this letter how much your friendship means to me, how grateful I am to have you as a friend and how much I just want to kill you sometimes but I think you already know. I cannot wait to see where you end up next year and know that I am undoubtedly coming to visit you. Never stop swimming. Love you Marin. -Allison Voorhees

Dear Katie (Sharpe),

I have swam with you for a lot of the years on SPY that I can remember. You have the most positive attitude and I never once heard you complain when I did have the chance to practice with you. Your improvements over the years are a testament to how hard you work and you should be very proud of that! I wish you all the best next year!!

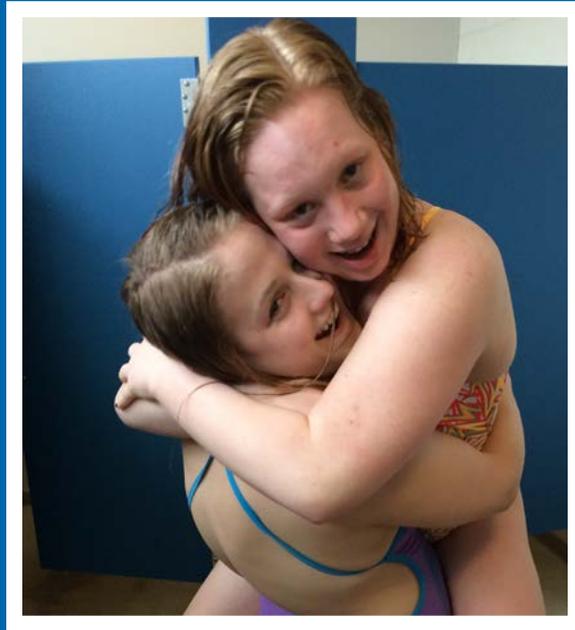
Dearest Madeleine,

Even though I'm fairly certain we did not say 1 word to each other before this year, you are the light of my life. You are the single most hilarious person I have ever met and if there's a practice or a day at school I don't laugh, it's because you're not there. The fact that you came back from shoulder surgery so young and had some of your best times this year makes me want to cry you're such a star. Having swum high school with you and us being the only ones at practice on Tuesday and Thursday afternoons while all the Severna Park kids are at practice when we have to do those godforsaken 25 breast 25 back 50's ; I wouldn't have wanted to share that time with anyone else. You still work your BUTT off in practice too. Half the time when were doing IM in practice and you're kicking my butt in fly and then I catch up in back, I'm secretly working so hard to keep up with you. I'm gonna miss having you to make me laugh and say things that are just perverted enough that they are still funny. Thank you. For everything. For making me laugh, for always being at the end of my lane to cheer me on, and for being a great role model. The only regret I have is that we didn't become friends sooner. But now, I couldn't be more proud to call you my Jennifer Aniston-loving friend who is the only one who does that thing when a certain coach goes to change during practice... I'll miss you so much beautiful and I love you endlessly. I can't wait to see you kill it next year at _____ (insert college of choice here).









We'll miss you!