



Name: Teddy Douglas

High School: Severn

College Attending in the Fall: Lehigh University

Years on SPY: Ten. An entire decade.

Hobbies When Dry: I'm a pretty mellow, yet selective, guy when it comes to my hobbies outside of the pool. They include removing saran wrap from my Volvo (Willow), driving Willow to Taco Bell for some churros, celebrating Christmas, and playing video games. I lead a boring, proverbial life for a 17-year-old kid.

Most Memorable Swim: I'll preface this with a description of myself at the time of this event: An overwhelmingly confident 16-year-old with an innate sense of invulnerability. A kid who perceived himself as incredibly manly and buff (contrary to my belief, I was laughably gaunt). A kid who knew he would drop the two seconds required for a Raleigh cut, and one who would drown out any doubts with his incredible sense of assurance and conviction.

And yet I've never cried more since. The 100 freestyle at Wilton was quite the humbling experience. Before the race I was listening to Kashmir by Led Zeppelin and making attempts to intimidate the other kids my wiggling my arms behind the block. The heat prior to mine finished and soon I was sprinting my first 50 only to die the second. Incidentally, I missed the cut by a *significant* margin. Never had an ego so large been shattered so quickly. That race was the exact thing I needed at that time. I didn't make Raleigh in 2016, but later that year I mustered the strength to make states, using the Wilton 100 free to fuel me. Incidentally, I'm a wiser man and needed that defeat to become myself.

Most Memorable Moment: Boolin' with the boys at Chick and Ruth's Delly.

Pre-Race Food: Raw pasta straight from the box. Just grab a handful and hope you don't chip a tooth.

Favorite Events: 100 backstroke and the 50 freestyle because you can swim as fast as you can with reckless abandon.

Favorite Practice Set: The Race Pace 50's set because I like being the last one left sometimes.

Advice for AJ, Johnny, and Max: Stop barking/making weird noises goshdarnit! Have fun at Wilton!

Advice for Kyle: Be encouraging to the little fellas when you are captain, it goes a long way.

Advice for all y'all: Take senior year slow and apply to college early. This is one of the most memorable years of your lifetime.