



ALLISON VOORHEES

High School: Severn School

Years on SPY: 9

College Attending in Fall 2016: Undecided

Hobbies when not Swimming: I love going out on the Severn River with friends and family, playing soccer and running track for my high school and spending time with friends from school and SPY.

Most Memorable Swim: My most memorable swim was probably the one I didn't even get a chance to swim . . . At Sandbox this summer I was really trying to make Long Course Nationals in the 100 back after a whole summer the year before of missing the cut time and time again. It was finals at Sandbox which is absolutely the last chance you have to make LC Nationals and I had been feeling pretty confident about making the cut that evening. I was simply sitting behind my block listening to music and I totally missed my event and the officials would NOT let me swim in another heat or anything. That was final. So of course – the drama queen I am – I cried to my dad about how it was “so unfair” and sulked all the way home with Mackenzie in the back seat with me. And then I missed the 100 cut in the 200 back the next day too. But making SC Nationals in 100 breast at states this year was a memorable event that I *actually* swam!

Most Memorable/Funny Moment: There's no way I can choose one moment that stands out more than the others from all my years on SPY. Obsessing over a boy at my school years ago with Kiera and Annie (***** is a babe) has been an ongoing source of laughter. Haley always having the guts to say the things I'm thinking but never can say. All the times the Lane 4 Ladies were in consensus that none of us are going to try at practice that day and the rare occasions we all match in suit color. Megan and Mackenzie always, always, always making me laugh. And the girls stalking both boys and girls we idolize for one reason or another at meets. Nelly Yuki, Trent Groff, BabeSicle, A\$AP Ferg, Also seeing a boy secretly smoking behind the fence outside of practice one day and us all staring at him until he ran away. I know I forgot SO many but there have been too many great memories on SPY and I am grateful for all of them and my teammates.

Best Event: 100 back, 100 breast, 200 back (maybe)

Favorite Set: SPYopoly, Richard's 8, 6, 4, 2 x 100 stroke set with ascending make it intervals or 50's sprint stroke or free

Least Favorite Set: 6 x400 IM test set, Crysteas' crazy 800 IM set one day, anything distance free

Pre-Swim Ritual: Napping, eating some kind of sandwich with mozzarella cheese on it (if it's finals). Listening to a few good songs before warming up and going to line up. Cracking my back left, right, back in streamline and cracking my toes right before I swim.

Favorite Meal Before a Big Meet: I love when we have team dinners because there are always all my favorite foods there and I get to be with my friends. Noodles & Company is a favorite if there's no team dinner and Bluuuuue Wiiiind (Megan)

Advice For Younger Swimmers: Make the most out of practices and respect the coaches, they want you to get better. Make friends on the team, once you get to have morning practices, you'll want people there to make you laugh.