

Name: Anja Benson
High School: 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.