

Name: Dave Harmon

High School: Archbishop Spalding High School

Years on SPY: 6-7

College Attending in Fall 2013: Dartmouth College

Hobbies when NOT Swimming:



The worst kept secret in all of SPY swimming, I love to ski. My favorite place on Earth is Breckenridge, CO and I can't wait for my capstone trip this year. Other than that the guys on this team are some of my favorite people to be around, and the past few years hanging out with everyone have been so much fun.

Most memorable swim: Definitely when Dougie Kogut and I thought it would be such a great idea to try and qualify for the LCYN 50 fly in the first 50 of the 200 Fly at one of the UMBC meets. That or the next meet when I swam the actual 50M Fly and missed the cut by .02 with my dad timing. Comon Mr. DaveHarmon.

Most memorable/funny moment: You can't possibly expect me to choose a favorite, but some moments come to mind. LCYN guys room 2012, the piñata, and the 400 medley relay last SCYN when Jack Bremer did the 100 fly leg and got thrown around the lane like a ragdoll because of the loose lane lines. To name a few.

Best Event: 100 fly, 200 fly, 1000 free, 400 free. Depends.

Favorite Set: The God-given recovery set that always comes much later than it should have and everyone is way to sore to even do recovery.

Pre-swim rituals: I start stretching the nigh before for maybe fifteen minutes. The next morning I get up and have half a cookies and cream power bar. After a healthy breakfast, get to the pool and warm up way too early. Have the rest of that power bar from before while I stretch some more. Drink a bunch of water. Warm up again and start getting really pumped up with good music. I'm always looking for good music and sometimes I'll even save songs for when I have a meet coming up so that I'm not bored of it at the meet. At this point I'm about 45min from my swim. I talk a bit, and then get back to my music about 15min later. Once I'm in a good mood, I get up and walk over to the block, the way I know for sure it's going to be a good race is when I have a bounce to my step. Most of the time I leave my music at my seat because I don't trust people not to steal my stuff. I stretch behind the blocks a bunch, and if I know people around me then I'll talk to them. Have a great swim.

Favorite Meal before a meet: Lion meat. I want the lion's strength and courage. Don't judge me.

Advice for next years graduating seniors: None of you would actually take my advice, but you're great people anyway and you'll be awesome.