



Name: Isabel Whaling

High School: Severna Park High School

College I'm attending in the fall: Undecided but hopefully South Carolina or NC State.

Hobbies when I'm not swimming: Going to the gym, hanging out with friends, doing volunteer work with my church and going to IHOP.

My most memorable swim: 2016 was the first year I made Raleigh and I was so excited to go with the team because I heard it was a lot of fun. It was awesome getting to compete against an insane amount of A-list swimmers and it really got me excited about the sport all over again. I was going first in the 400 free relay and I wanted to go a best time so badly and I went a personal best by 2 seconds. I was really proud of myself and I could see that my hard work had been paying off. That was my first and last 100 free I swam at that pool and I know I left everything I had in the water.

Most memorable/funny moment: Oh my: Allison's extensive list of baby names (Ex. Oat), stealing the keys to the boy's cars and parking them around Severna Park, dancing deliriously at 4:50 a.m., Listening to country music for 5 straight hours while driving to Raleigh (Love you Momma Huss, Reid is the problem, not you), all of James's sassy comments and dry humor, group hugs and EXTRA loud cheering when someone makes a cut, stalking cute boys at meets and taking pictures of them when they're not looking, packing 10 people into a car that seats 5, singing in the shower while the Severn girls stare at us as if we are crazy, and seeing a few too many butts during deck changing accidents.

Favorite event: 100 free, 200 free relay

Favorite set: Anything involving 25's or the race pace 50's set

Least favorite set: 400 IM's, or any sort of 200's

Pre-swim rituals: Listen to music, my go to is "Calm Down" by G-eazy. I try to tune people out and focus on the pool as much as possible because I swim better when I'm not thinking about anything else but the race I'm about to swim.

Favorite meal before a big meet: I always eat a strawberry banana smoothie and peanut butter and bananas the morning of a meet because it gives me good energy and makes me feel light in the pool.

Advice for next year's graduating class: Enjoy the sport and when it gets stressful or you feel like you just can't do it anymore, relax, and remember why you do it. Swimming has taught me some of the most important things I'll ever learn and I couldn't imagine the person I would be without it. Make the most out of your time as an athlete because you will look back on these times with nostalgia, believe me. On an unrelated note, try to look up at the sky every day and admire how beautiful the world is, spend less time on your phone, and read about things that interest you. Life is short and you should soak up as much of it as you can.

Quote: "When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself".

-Tecumseh