



Name: **JACK MCKEEHAN**

High School: Severna Park High School

Years on SPY: 10

College Attending in Fall 2016: Undecided

Hobbies when I'm not swimming: Whenever I'm not in a pool, I seem to be spending the rest of the time transporting others to and from it. But seriously, in my free time, which isn't as plentiful as I would like, I'm usually found reading National Geographic, looking at maps, and plotting my next world adventures. I also thoroughly enjoy spending hours with my headphones over my ears listening to R&B or Frank Sinatra or Pentatonix or Rap or Reggae or come to think of it, pretty much anything that's not country. This way I can also annoy whoever's in the house with constant singing and beatboxing and whistling. Whatever possible time I have left is purely dedicated to sleeping, eating ice cream, chasing my dog in big circles on the main floor, and following the travel blogs of two photographers in an Airstream. OH! And I'm trying to figure out how to beat the wizard @Ryan Akhavan at ping pong. Coming for you bro.

Most Memorable Swim: I've had a lot of up and down swims over the years, but a major downer just happened to occur at a small little SPY dual meet at home against HCY or something when I was about 13. We were playing football down in the gym in between events like idiots, and then someone *cough Richie Baker cough* BROKE MY HAND. Of course, we didn't know it quite yet, so everyone was like nahhh it'll be fine just go ahead and swim your 100 butterfly. So I swam 100 butterfly with my broken hand and probably cried the whole time. I had a brace for quite a while, but then I finally got it off about 1 day before Wilton. I was completely unsure of how I would swim with no practice besides warm ups that morning, but then in my 100 free I broke 1:00 for the first time ever! I remember running over to Jim and high fiving him and he jokingly said something to me along the lines of "If you keep swimming this well after one broken hand, I might just have to break the other!"

Another fun one that comes to mind was during the summer at a long course meet when I swam 100 breast right next to Alex Crone. Of course, he's not a huge fan of breaststroke by any means, so it was absolutely hilarious when we turned at the same time and he yelled out "I HATE this!" before turning around. I actually ended up beating him, which felt pretty darn impressive even though it was the first time he'd probably swam it in years.

Most Memorable/Funny Moment: Literally every moment at SPY can be hilarious, and there are so many small things that go on every single day that make it all so enjoyable, from really bad jokes about politics in the locker room to Richie punching lockers to dancing on deck to throwback music on the playlist. Team dinners and travel meets are always an absolute blast, and this year at Raleigh was exceptionally memorable as well because my room, deemed "The Palace" was way bigger than anyone thought it would be so we'd chill up there like we do, then Caelan starting chasing Reid around trying to beat him up with *the roller*. Sooo many hilarious things have happened over the years in carpools as well, whether it was Sam driving me Brendan, James, and Caelan around or Matt driving all the guys to high school practice. And of course this year I get to be the resident pack mule with my super cool and slick minivan aka Rhonda the Honda. And we definitely cannot forget penguin sliding at the end of big meets in the University of Maryland locker room. Guys, you know what I'm talking about. Overall, there have been so many memorable moments over the years really since the beginning of when I started swimming which kept me coming back. Everyone I swim with, and especially now, is truly a joy to spend basically every day with, and I'm proud to call you all my friends.

Best Events: 100 & 200 breast, sprint free

Favorite Sets: Am I allowed to say stations or Spyopoly? I'm also a fan of sprint sets with a lot of rest, even though when I'm in the middle of it I might look like I want to keel over and die.

Least Favorite Set: By far it would be the 200 stroke sets, especially when they are on fast times where I'm unable to do breaststroke, because in all honesty I'm never going to do butterfly and backstroke is just simply the worst thing known to man.

Pre-Swim Ritual: Even though I've only had them since November, I've taken a liking to wearing my sea turtle socks the first day of a big meet. Maybe it's because I like to channel the ocean, or probably because I just really really love sea turtles. It is yet to be proven if this actually makes me go fast. Other than that, I listen to "Magic" by B.O.B. as my pump up song because it makes me feel all happy and ready to go. I stand up behind the blocks and constantly shake out my arms and legs, and will probably do a big squat, a jump, find something to stretch my back on, and finally crack my fingers just before my heat is up. I also obsessively tighten my goggles because it's basically my biggest fear to have them fill up in a really important race.

Favorite Meal Before a Big Meet: A nutritionist would probably tell me not to eat cold pizza and sugary snacks the day of the meet, but hey sometimes it just has to be done. I also love pasta the night before just like every single other swimmer in existence. Also, shoutout to my mom for making me strawberry banana smoothies whenever I ask her to the morning of a meet. You're the best, mom. Love you :)

Advice to Younger Swimmers: A definite big one is to make the most of your time on the team. That includes making friendships that will last a lifetime, and training hard. I would advise being ambitious and determined to get moved up to the Spy practice group, because most of my favorite times have been with my spies family. As always, swimming for SPY should be about having fun just as much as it is about making cuts. After all, what good is accomplishing something great if you didn't have an awesome time doing it? Swim because you love it, and the payoff will be amazing!