

Name: Kate Harmon

High School: Severna Park

Years on spy: 10

College attending in fall 2015: Undecided

Hobbies when not swimming: In the summer, I like going out on the river. I also like to cook (mostly mac n cheese), read, listen to music, hang out with my friends from SPY and school, and sleep—I pass out after almost every practice.

Most Memorable Swim: My favorite of the swims I've had so far was at Wilton my junior year.

Lauren and I both made finals in 100 Fly, I was top of B final and she made A Final. After prelims that morning I was really discouraged because I didn't do so well. But Jim firmly suggested Lauren and I stay and so we pumped ourselves back up for one more race. I went not only a best time by more than a second, but I actually went a faster time than Lauren did. Only by .15 of a second, but I still had bragging rights for about a month. After my swim I went over to Jim, and I was jumping up and down from my excitement. Being Jim, he said something like "oh aren't you glad I told you to stay for finals?" and then congratulated me on my best time. I've had plenty of other memorable swims, mostly ones where I was at a high school meet and winning the heat meant beating Broadneck and things like that. But I feel like my most memorable swims will come in February at HS states and whenever my last race as a SPY will be, either at LC states or LCYN. I'm sure the feeling will be incomparable to anything I've experienced in my swimming career this far.

Most Memorable/Funny Moment: Basically every practice is hilarious when you swim on SPY and for SPHS, especially in lane 4. It's mostly the little things that everyone does that I'll really miss. Sometimes I don't even know what Anja, Madeleine, Lauren and I are laughing about but it's still funny. Some of the things I'll really miss are the constant SpongeBob jokes with Matt and Lauren, Madeleine's singing and screaming, Anja's side comments and weird stories about corporate businesses and the awful things they do, Haley's dry humor, and of course Lauren's sarcasm. I can't forget Nick Howard's strange butterfly kick, Abby's stories about her peers at Annapolis, and all of the hilarious impressions that Allison could do. I love my car rides with Sabrina, Kiera, and Annie. Just listening to them interact is hilarious because of how close they all are. Can't forget that one car ride when Lauren didn't come to morning practice and Matt forgot that he needed to help me drive her carpool to Einstein's so we ended up somehow seating 7 people in my little Honda civic. It still amazes me how we didn't get pulled over/the car didn't break down (sorry mom, but I had to). Some of my other favorite moments are when Caelan shaved his beard and sent us pictures of him with a mustache, when Lauren did that thing in the HS girls locker room (lls), when the snow cancelled practice so Matt, Lauren, Jack, Caelan, Richie and I went sledding and got in a snowball fight with some little kids, when Sarah asked if she could play a song in the morning and she put on "Tuesday", all the gossip Ian gives me, and of course the time last year when Ian told us that he listened to really good music and then when I told him to play some he played "Gas Pedal". Basically if you couldn't tell I'm really going to miss my teammates next year and I'll get really lucky if I can find people that can make me laugh like they can.

Best Events: 100 Fly and 200 IM



Favorite Set(s): The classic Richard IM set of something like 10x 200 IMs on 3:00. I secretly even enjoy when we do 400 IM sets and even that one time we did a 600 IM. I also like when Crystee does make-it sets of 100s stroke because I somehow end up doing pretty well.

Least Favorite Set: Crystee's insane bracket sets that are like 20438984 times through especially when we have to sprint everything in said bracket and we barely get any rest.

Pre-Swim Rituals: I don't really have any pre-swim rituals other than the fact that I listen to music, visualize my race, and go up to the blocks pretty early. The music I like to listen to before my races is usually really terrible rap music that Lauren, Matt, and I like.

Favorite Meal Before a Big Meet: Some sort of pasta which I usually have been eating the whole week before in order to load up on carbs.

Advice for Younger Spies: Everyone tells you that senior year goes by quickly and it's true it really does, but it also approaches very quickly, so make sure you're constantly working hard. There's no time for thoughts like "I'll work harder tomorrow" because you're going to get to tomorrow and wish you had worked harder yesterday. But that being said, swimming isn't the end-all and be-all, so make sure you keep up your grades, and maintain your relationships with your good friends. Also do high school swimming it's fun.