

Name: Khrysten N. Stolins

High School: Broadneck high

Years on SPY: 8 years

College attending in Fall 2012: undecided



Hobbies when not swimming: I try my best to catch up on my sleep that I missed during the week, hang out with friends and family, going to the movies, and being on the boat

Most memorable swim: All of last year (2010) I tried so hard to qualify for the Capital Classic swim meet for 100 breast and 100 back but couldn't get the time, but for winter fest in 2011 I both of those cuts and the 200 back and 200 breast. I was probably the happiest person there that weekend.

Most memorable/funny moment: one of the funniest moment on this team was when we were doing stations and Caroline was up on the block and I grabbed a kick board and smacked it across her butt and left a welt. I felt bad after I did it but she was laughing, I was laughing, we were just having a good time.. Sorry again Caroline!!!

Best Event: well I don't really have a best event, but everyone says my 100 back or my 200 back is my best.

Favorite Set: My favorite set would probably be stations with Peter... but since he doesn't coach us that often my favorite set would probably be over under's and anything that had to do with back.

Least Favorite Set: My least favorite set would probably be when Jim got mad at us for not doing a set right and made us do 20 25s on :16 free... My other least favorite set is when Crystee makes us do 50 fast/150smooth 100 fast/150 smooth 150 fast/150 smooth and makes us do that like 5 times, oh and how can I forget 10 50s kick on 1:10 with shoes!

Pre-swim rituals: I would listen to music, watch people swim before me (not being creepy or anything) and stretch out my shoulders and legs.

Favorite meal before a meet: I would eat a thin bagel with crunchy peanut butter, a banana and milk.

Advice for next year's graduating class: Don't argue with Jim, he will always win. When you see a hard set from Jim push for a challenge relay and he will usually give it to you, do everything right when he is coaching if not be prepared for the worse set of your life. When Crystee is coaching get there on time and get in the pool before your time runs out or you will be going home. When Richard is coaching, just be ready you will never know what he has up his sleeves. Oh and have fun and enjoy your time left on this team because it is pretty much your second family.

