

Kiera Murphy

High School: Severna Park High School

Years on SPY: 9 (inconsecutive, 3 on Valley Shore YMCA Marlins in Connecticut)

College attending in fall of 2016: Undecided

Hobbies when not swimming: I spend most of my time not swimming or doing homework cuddling with my insanely cute dog and watching Grey's Anatomy. I also spend a lot of my free time hanging out with my friends and trying to make the most of my senior year.



Most Memorable Swim: I have many memorable swims, some that were torture and some that were truly rewarding. My most embarrassing swim was my first 400 IM at Winterfest my eighth grade year. I spent the whole day making sure that enough of the older kids on the team had positively checked in so I would not have to swim the dreaded 400 IM (only the first 25 swimmers to check in, swim in that event). 400 IM was the last event of the day and right after my last race. I was taking a shower in the locker room when my friend came running in calling for me saying a girl had gotten sick and my coach had volunteered me to replace her I laughed and told her to stop kidding around, when an official came in and forced me out of the shower. I had to borrow a cap and goggles from one of the older swimmers and then I was thrown in the second to last heat swimming against VERY fast girls 5 years older than me. The race itself was terrible my cap and goggles fell off due to the conditioner still in my hair, and I laughed my way through breaststroke as I was lapped for the second time. I have swum it a couple of times since then, and it has improved but I still dread it. My most prideful swim was at Sandbox summer of 2015 when I had to RE-qualify for Long Course YMCA Nationals in the 100 backstroke. Two weeks prior I had gotten the cut time by almost a second but was then told I false started and was disqualified, despite the fact no one (besides the official) watching my race had witnessed my false start. I got in the pool at sandbox angered and determined; I then qualified by two seconds and was very relieved and excited!

Most Memorable Moments: My very first SPY practice I fell off the blocks and busted my knee, I cried hysterically and had to leave early, and I still have a scar ☹️. Most of my memories come from being a part of the SPY group and the crazy people in that group that I refer to as my "fam". My junior year Katie Harmon would drive Annie, Sabrina, Haley, and me back and forth from SPY to school back to SPY and home, she then became known as mom. Before school we would sit in the car ridiculously tired laughing, blasting Beyonce, and attempting to scream out our stress (it oddly works). Also, One time I slipped and fell in the SPY lobby and Sabrina continuously dropping me back on the ground when trying to help me up, causing me to have a misplaced tailbone and hip problems, will forever make me laugh (and wince in pain). Our many team dinner manhunts at Folger over the summer are insanely fun (even though I am 17 and we behave like 12 year olds) and I'm going to miss that like crazy in college. Playing tag at the hotel for Capital Classics while Caelan and Reid chased each other around trying to beat each other up was entertaining. I also had some comical car rides to UMBC over the summers with Annie, Sabrina, Kevin Huntley, Grant Murray, and Sean Brant that I will forever remember. But overall SPY has become my family, and the friendships and experiences I have had here will never be forgotten. LOVE YOU ALL ☺️.

Best Events: Anything backstroke

Favorite Sets: SPYOPOLY (of course), but also 200 stroke sets because I love getting in a rhythm and it always feels rewarding afterwards.

Least Favorite Set: The IM test set (6x400 IM make-it) is always painful during and after and I am NOT a fan of 400 IMs.

Pre-Swim Rituals: I am always trying to get loose before an event, so I start to stretch out, then I visualize my event, and finally right before my event I like to hold onto the block and jump as high as I can so that my toes are almost even with the block to get my adrenaline pumping.

Favorite Meal Before a Big Meet: The spaghetti and meatballs from Noodles & Company, complete with one of their rice crispy treats and lemonade!

Advice for Younger Swimmers: Nothing is impossible, Mind over Matter, and work hard, but don't forget to have fun along the way!