



Name: Mackenzie Hite

High School: Mount de Sales Academy

Years on SPY: 10

College attending in the fall: The Barrett Honors College of Arizona State University

Hobbies when I'm not swimming: Like my teammates, I spend most of my time in the pool, but when I am not swimming I really love to hang out in Annapolis, it is probably one of the things I will miss most next year. I

keep busy with clubs and high school swimming as well as spending as much time as possible with my friends and family.

Most Memorable Swim: I will always remember my last swim at Capital Classic. I had been sick the week leading up to the meet; I was exhausted from the past 3 days of swimming and crazy stressed over school. We were walking up to the blocks for our relay and I remembered I had forgotten to text my mom to come into the pool to watch our race. I ran back to my chair to grab my phone and had almost made it back to the blocks when I completely ate it on the pool deck. I mean this wasn't a little fall, no, I fell flat on my back in front of at least a thousand people (this is why you don't run on the pool deck kids). I was stunned for a minute and then this attractive boy tried to help me up but I was too confused to acknowledge him. Of course, all of the other girl spies were laughing at me while also slightly concerned as to whether or not I was okay. Thankfully I was fine but I remember swimming my leg of the relay and getting out of the water and just absolutely losing it on the pool deck. I have rarely cried over swimming and I never would have thought that I would react to the end of that meet the way I did. It wasn't the end of the season and I hadn't really swum all that well. It was the first time I realized that it was all coming to an end. I would never travel with my team again. I would never swim in my favorite meet again. I would never eat cookout with Megan while dying of chlorine cough again. I looked over and saw Haley was crying too so I hugged her and Isabel while we waited for Megan to finish. I think we stood there, the four of us, hugging, for a couple of minutes. We eventually made our way over to Crystee and the rest of the team who all hugged us and some joined us in our tears. The thought of being anywhere but Cary, North Carolina the first weekend of December next year broke my heart a little bit, and the thought of being with anyone but my team broke it even more.

Most Memorable/funny moment: There is no way I could pick just one moment, but some of them are: Junior year at states when Allison Voorhees, Megan and I were changing and I threw open the curtain and scared the pants off Easop Lee and started crying; the sleepovers Allison Voorhees and I would have before UMBC practice, meticulously tracking the weather and praying for rain; every day in lane

four with Haley's sarcasm and the random things that come out of Isabel's mouth; the prank wars with the boys; singing with Kiera, Annie, and Sabrina during kick sets; house hunting with Haley, Kiera, and Ian after the team breakfast; the 12 hour bus ride to New York with Elena; always referring to the sophomore girls as "the sophomores"; girls movie night; flipping a coin in the parking lot with Megan to decide if we were going in to practice (sorry Crystee); the always entertaining team dinners; the countless practices I struggled through where my teammates kept me going; winning Spyopoly 3 years in a row; Richard always telling us people were in Alabama

Favorite Event: Honestly it changes every day; This year I started swimming the 500 for high school but traditionally it has been the 100 back. I also really love relays.

Favorite Set: I love the 50's stroke set, as well as Saturday mornings with Richard because we were either playing a game, doing stations, or it was 200's stroke, and of course, Einsteins and Spyopoly. I have also come to not hate distance free day.

Least Favorite Set: anything IM, man do I hate IM (Richard rarely sees me on Mondays)

Pre-Swim rituals: I usually go up to the blocks pretty early and will sit, visualize my swim and watch teammates in the heats before me. A couple heats before I go I start to warm my body up, stretching my arms and legs and will do two jumps right before I go. I also have to crack my fingers and toes right before I swim (sorry mom) and wait until the last possible second to get undressed. I don't put my goggles on until the heat in front of me finishes.

Favorite meal before a big meet: pasta and a Caesar salad; steak and potatoes is another favorite of mine

Advice for next year's graduating class: The times on the board will only last a moment; what lasts forever is the bond you make with your team. Be remembered for always being at the end of someone's lane or encouraging everyone during a tough set in practice. There will be times when you want to quit, but remember why you started. The people to your left and right are what are going to get you through. Remember you are a team and to not let the silly stuff get in the way of the bond you have with each other. Your time together is too short to do anything but support each other. If you have a goal, swimming or not, reach it. Don't look back and wish you would have worked harder on that set or have skipped those couple of practices to finish that assignment. Lastly, sometimes it will feel like you spend more time with your Spy family than your real family but don't forget to thank the people who pay the bills, drive you to practice, and cheer you on at every meet; you wouldn't be here without them. The time you have together is limited, don't take it for granted, before you know it you could be living 2,000 miles away and wishing you had more days like this. (Also senior year is hard man, I don't know who came up with the idea that it was easy but they surely were wrong)