

Name: Madeleine Farnham
High School: Severn School
Years on SPY: 10
College attending in fall 2015: Undecided



Hobbies when not swimming: I spend an immense amount of time re-reading and re-watching Harry Potter. When I'm not doing that I'm probably sleeping or eating.

Most Memorable Swim: May 12, 2012. That might sound like an insignificant date to many, but that was my 15th birthday and the day I made my first LCYN cut. I had been working towards this goal for a while, but when the time came to actually swim in the meet I was freaking out. I knew if I didn't make the cut it wouldn't be the end of the world because we still had a few meets that season. I've always hated to hold things off and just like to get things done the quickest I can. I decided it was going to be today or I'd never make it again, not entirely sure why. I was sitting shaking in my chair for a good hour before my swim, listening to the same song on repeat (Lose Yourself by Eminem). Finally, I went up to the block to swim. Everyone wished me luck knowing that this 200 fly could either put me in a good mood or a very bad mood. I remember getting up on the block and thinking to myself, "I can make this the best birthday of my life, or the worst, you choose". I dove in and swam the longest 200 fly of my life. When I touched the wall I looked up and saw Michaela and Katie saying good job and giving me the thumbs up. I looked up at the board and saw my time but I couldn't believe it. I thought it must be a mistake. I had made the cut by 3 seconds. After that swim I had proved to myself if you really want something, go and get it.

Most Memorable/Funny Moment: Where do I even begin? There was of course the whipped cream and nerf guns at LCYN in 2012, hey Sam. Basically any moment with Grant. One of the best was the elevator incident at SCYN in 2013. Every day in our lane with Katie, Lauren, and Anja is an adventure. Sometimes we just can't contain our excitement and just hug each other and proceed to drown, always a good time gals. Haley's sass is always on point and never fails to make me feel like an incompetent loser (kidding love you Haley). Allison and I ganging up on Marin, we know you love it so don't worry we won't stop, just remember to pass me some Jen Aniston ;). Basically every day on SPY there's a new story to tell but 10 years worth of stories would get old, these are just some of my favorites.

Best Events: Anything awful aka 200 fly, 500 free, 1000 free, and 400 IM.

Favorite Set: T-30s. Most people hate them but I find them so soothing. As long as I have a good song stuck in my head I'm good to go for 30 minutes.

Least Favorite Set(s): Anything distance IM, just why Richard. Also those classic Crystee sets where she puts up a set with no rest saying to sprint, and then sprint even faster, oh and the last one should be the fastest. The dreaded bracket is usually involved with those.

Pre-Swim Rituals: At each big meet I pick a song and I decide that will be my song for the weekend. Before my swims I listen to the song at least 5 times on repeat; if it's 200 fly or distance free, it's more like 10 times. I have to sit behind the blocks for at least 10 minutes before my race, sometimes more. I put one of my caps on 500 yards away from my swim, then my goggles and second cap on 200 yards later, and remove my head phones. The next part is very important. No matter what, I cannot have water on me. If a drop lands on me I must wipe it off immediately. I have to shake out my arms and legs and adjust my goggle about 153729101 times again before I dive in. When I get on the block I adjust my goggles and cap one last time and crack my knuckles, then I can swim.

Favorite Meal Before a Big Meet: Spaghetti and meat sauce, no exceptions.

Advice for younger swimmers: If you set your mind to something, you can achieve it. If it's a qualifying time or just a personal goal, think about it every day before practice and don't let it slip your mind. As long as you train hard and keep your thoughts positive, I promise you are able to achieve your goal.