

Name: Marin Miller

High School: Indian Creek Upper School

College Attending in Fall 2015: Hopeful UNW Seahawk but undecided



Hobbies when not swimming: When I am not in the pool I absolutely love spending time with my friends from not only the pool but school as well. I have done theatre since I was three years old and have been in almost 30 shows ranging from ballets to musicals. I also spend a lot of time eating, sleeping, and catching up on homework like any other teenager. As a future medical field student I also find myself watching tons of medical shows and reading anatomy articles and studies. I also try to find as much time as I can to babysit with the little time swimming leaves me.

Most memorable swim: My most memorable swim isn't memorable for amazing reason, it was actually the most frustrating meet of my life. It was the last meet of the long course season before nationals. I missed the 50 free nats cut in prelims by .3 and at finals that night I missed the cut by .01. The next day I missed the nats cut in the 100 free by .5 and came back for finals and missed the cut by .01 yet again. The weekend has been pretty burned into my memory as a horrible let down of a weekend, making it the single most memorable swim regardless of it being bad.

Most memorable/funny moment: Spy is like a second home making it a key part in my high school memories. I would never be able to pick just one memory but I'll share a few favorites. My junior year I was asked to prom at swim practice when my boyfriend and his friends showed up outside the window in "PROM?" T-shirts, lets just say Richard had no idea what to do. The SPY group message has also been quite the highlight this year with all the endless messages from twenty four of us but the bonding that came with it was worth the constant messages. My absolute favorite thing though was coming from another team I had been on for six years and finding a family of kids and coaches that support each other through everything, without the support of Jim I'm not sure I'd still be swimming today.

Best event: 100 free and 50 free

Favorite set: Tuesday morning sprint sets!!! Frankly any freestyle sprinting

Least Favorite Set: Richard's distance death practices. IM especially.

Pre-swim rituals: Lots of water, Ice water. Snacks, fruit and cookie dough power bars. I also have to have music playing until the heat before my race while I'm stretching. I've also noticed that I do this streamline stretch where I swing my arms back down and clap behind my back.

Favorite meal before a meet: Angel hair pasta and red sauce with sautéed red peppers with garlic bread and milk.

Advice for next years graduating class: As cheesy as it sounds always believe in yourself, take the SATS more than once, apply to any school you want to (even if its scary), listen to your parents

because most of the time they're actually right, drink lots of water, if you're stressed just sit down and breathe before you crash, don't put up with drama senior year it's not worth it and a big waste of time, you want to enjoy this while it lasts.