

Name: Marissa Hand

High School: Severna Park High School

Years on SPY: 5

College Attending in Fall: Deciding between the University of Virginia and Delaware.



Hobbies When Not Swimming: I like to be either extremely productive or extremely lazy. I like to hang with friends and being outside if it is warm out, otherwise I like to sleep and not do anything at all.

Most Memorable Swim: My most memorable swim would be from my first experience at Long Course Nationals. I was a rookie and had only made it in the 50 free, yet Jim decided I was fast enough to swim in the 400 free relay with Emily and Kendall. I was so nervous I could barely walk because I didn't want to let the team down and I knew people didn't believe I should have gotten the spot. During prelims, I sprinted my little booty off, and we ended up qualifying for finals that night. If I thought I was nervous at prelims, it was nothing compared to finals. I had already dropped a second in the morning and didn't know how much faster I could go that night. Right before the race, the whole team crowded around our lane, watching us, watching me. I swam that race for the team, and I dropped another second. I was so happy after it was all over and I don't think I have ever been more nervous in my entire life.

Most Memorable/Funniest Moment: The girls and I have shared some funny moments in the locker room and all of them have definitely brought out the goofy side in me. A few years back, I made up some awkward walk where I flapped my legs forward while stretching out my neck and I looked like a doofus. Ask any of the girls and they will agree it is pretty funny (I know this because they always roll over laughing when I do it). Don't even bother asking me to show anyone this because the answer is no.

Best Events: 50, 100 free, 100, 200 fly

Favorite Set: I love doing sprint sets from the blocks where we get to cool down in between our races. I love sprinting free (and sometimes fly) and I love getting to cool down.

Least Favorite Set: Anything having to do with breaststroke. I don't know how to swim it properly and I cannot go fast. 200 breast is the worst, I slowly go from propelling myself forward to just bobbing up and down. I hate it.

Pre-swim Rituals: Before I swim, I like to warm up a bit to loosen up my muscles. Right beforehand, I take a sip of Gatorade and a bite of my powerbar to fuel up mentally and physically. When I go up to the blocks, I don't like to put on my goggles until there is approximately a 100 left to be swum by whomever is in front of me. Then I'm ready to swim!

Favorite Meal Before A Meet: Anything with carbs. I like to make sure to eat healthy, getting a lot of fruits and veggies and protein with whatever carb I choose.

Advice For Next Year's Graduating Class: Talking poorly about other swimmers won't make you faster in the pool nor will it get you far in life. Be kind to your teammates and treat them like family, because they are like your second family.