



**Name:** Megan Dickey

**High School:** Broadneck Senior High School

**College I'm Attending in the Fall:** Loyola University of Maryland where I'll be participating on their NCAA Division I swim team

**Hobbies When I'm Not Swimming:** I swim during most of my free time so I don't really have time for anything else. I love spending time with friends, spontaneous food runs, watching Netflix, occasionally reading, and let's not forget sleeping

**Most Memorable Swim:** Oh wow, there are so many so I'll just summarize a couple of my favorite ones...

1. This past Nationals, I time trialed in 100 free and I really did not think I was going to drop any time since I was so exhausted from the entire week. Richard tried to encourage me by telling me he would give me his Y Nationals lanyard if I went a best time by .2 seconds. Since the entire time I was down in Greensboro, I dedicated myself to trying to acquire one of these lanyards, this was good enough encouragement for me. In suit, I swam the best 100 free of my life, dropped time, got the nationals cut, and went home with a new lanyard for my keys. Thanks Chard!

2. This is probably the swim I'll never forget. I know its cliché, but I'm definitely most proud of the swim that qualified me for Short Course Y Nationals. At the time, I was only an Investigator who'd pushed herself the entire season to try to make the 50 freestyle cut. Everything came down to this swim, I specifically remember Eminem's "Not Afraid" was on replay. I had to get the cut, 24.69, it was my last chance before the end of short course season or I had to wait until next season. My heat was called, my pulse was racing. If I'm being honest, I don't really remember the swim. I went into race mode and left everything in the pool. I hit the wall, looked up and saw the glowing set of numbers; 24.35. I made it. I started to cry, and if you know me well, you know I don't get that emotional about swimming. After that swim, I had 100 breast up next. Still on cloud nine, I also managed to drop a second and get the 100 breast cut too. It just goes to show how impactful a positive mind set is when swimming.

**Most Memorable/ Funny Moment:** Literally there is not a dull moment at practice, something funny is always going on: me complaining "Richard I can't do it!", the boys playing tag under water during warmup/ cool down, Richie making whale noises when we use our snorkels, all the Severna Park kids making fun of my "Broadneck slang", the list goes on and on. But if I had to pick one moment that was the funniest, it would be the time the girls team got back at the boys team. One Saturday morning, in the spirit of good fun, the SPY Senior Girls plotted to pull a prank to end all pranks; steal their car keys from their locker room and drive their

cars to different spots in Severna Park. We succeeded in our attempts, plotting Caelan, Patrick, and Ian's cars in three separate spots. It was probably the most fun I've ever had with the team.

**Favorite Event:** 100 Breaststroke, 50 Freestyle

**Favorite Set:** Anything IM or sprint is my favorite. But if I were to pick a specific set, it would be 30x50's sprint all out, on the 1:00 minute, first 15 freestyle and second 15 stroke, all from the block. Sometimes Crystee or Richard will write a seemingly impossible set on the board but then I end up enjoying it, like 7x400's IM. At face value, I instantly complained but ended up liking it at the end of it all.

**Least Favorite Set:** This is an easy one, anything distance free. I dread any distance free practice with a passion. Sorry, Richard.

**Pre- Swim Rituals:** Behind the blocks, I'll stretch a lot before my heat. Anyone on SPY can verify that I excessively slap myself before I swim. You normally see this with swimmers, it helps to get their adrenaline and blood rushing. Also, I like to wait until last minute to take my warm up clothes off, it's surprisingly cold on a pool deck.

**Favorite Meal Before a Meet:** Definitely any pasta dish, my favorite is baked ziti or pesto cavatappi from Noodles and Company

**Advice For Next Year's Graduating Class:** Thinking about the juniors graduating next year is freaking me out, so I'm going to try to get through this without having a break down. Ok first off, senior year is all about having fun! It's your last year with all of your friends, don't take a single day for granted and just take it all in. But school is still important, don't slack off make sure you're keeping your grades up. Also, don't listen to anyone who tells you the senior year is easy, because it's NOT. Start the college application process as early as possible; the sooner it's over, the less weight hangs on your shoulders. For some of you, this is your last year swimming. I know that swimming isn't easy, TRUST ME, but we all can agree this isn't for nothing. Trust in the process and work for something bigger than yourself. One of the biggest lessons I've taken away from my high school experience is embrace change. You certainly not the same person who you were when you started freshman year, celebrate that. Take every up and down in life as a lesson and learn from it. Be proud of who you are today and don't ever let someone define who you are.