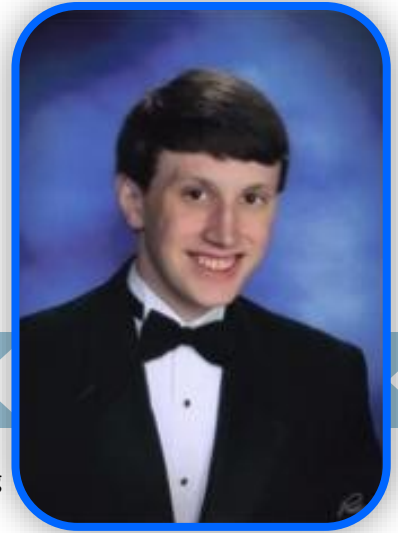


# Richard Kogut

**High School:** Glen Burnie High School

**Years on SPY:** 13

**College attending in Fall 2016:** Undecided



**Hobbies when not swimming:** When I'm not swimming I enjoy hanging out with friends, playing video games, and sometimes playing basketball.

**Most memorable swim:** My most memorable swim would have to be at capital classic 2014. The previous year I had gotten injured and didn't really improve much, so I was really pumped for this meet to be the meet where all that would stop. On the first day, my first event was the 200 freestyle, and Crystee informed us all that the 800 free relay, which was swimming in finals, would be decided by who swam the four fastest times in there individual event. This was exactly the motivation I needed, and I ended up swimming great: earning a spot in the relay with Richie, Sam, and Brendan. This ended up kicking off a great meet for me, and a great season as well.

**Most memorable/funny moment:** My freshman year I had made capital classic at Wilton in the 200 fly, and was excited to go the Cary and have a great meet. Once I got to the meet, however, it did not go as well as I had hoped. I added time in all my events and failed to accomplish any of the goals I had made for the meet. Queue Saturday night I was hanging around the hotel waiting to go back to finals to watch everyone. My brother, Doug, had to leave early as he was swimming that night, so I told my mom I would just catch a ride later with someone to finals as I didn't want to wait around forever at the pool watching people warm up. My brother and mom leave for the pool and I'm pretty tired so I decide to take a nap. Next thing I know and I'm woken up by my mom and its about 9:00 pm and finals is over. I look at my phone and see my phone flooded with messages from Sam and Brendan. I was pretty disappointed with myself, but I figured it would all be good as it was just a dumb mistake on my part. Well I miscalculated once again because when I went to the pool the next morning I was pulled out of warm up by Jim, and he wasn't too happy with my mistake. He gives me a whole speech on how we are part of a team, and there was no excuse for me not being there. After trying to explain myself he was still not satisfied, so he told me that I would have to apologize to all my teammates after warm ups, as it was them that I really let down. At this point I'm thinking in my head "Am I really going to have to do this?". The answer to that was an unfortunate yes, so once warm-ups were over the team crowds around, and I apologize to all of them. To this day I'm the only person I've ever witnessed have to apologize to the team. But at least whenever somebody messes up I can say "What you did isn't that bad because you didn't even have to apologize to the whole team."

**Best Event:** 200 back or 100 fly. I also enjoy swimming 50 free, 200 fly, and 100 back.

**Favorite Set:** Any set with a lot of kicking in it.

**Least Favorite Set:** Distance free sets. I end up getting really bored near the end of them.

**Pre-swim rituals:** Before I swim I like to check the heat and lane I'm in, and then even though I know my heat and lane I always like to second check just to be sure. After that I go up behind the block, and always watch how others on the team are swimming to see how there doing. I'll then start talking to some of my teammates like Ryan or Brendan. Then I'll usually dip my cap in the pool and put my cap and goggles on. The I'll start thinking about the race; how fast I'll go, what do I need to final, and whether I feel good or not. Then I'll swim, and see how it goes.

**Favorite meal before a meet:** Chewy bars and sweet and salty bars.

**Advice for next years graduating class:** If you want to get better you have to earn it, but don't forget to enjoy yourselves along the way.