

**Name: Sabrina Douglas**  
**High School: Severna Park High School (Go Falcons!)**  
**Years on SPY: 10 years**  
**College attending in fall 2015: Undecided**



**Hobbies when not swimming:** I spend a lot of my free time with my friends because I'm happiest when I'm with them. I also like to read, watch movies with my dad, and obsessively care for my betta fish, Reggie.

**Most Memorable Swim:** After signing up for Wilton 2014 way after the deadline had pasted, like the Douglas family always does, I made it my mission to qualify for Raleigh in the 50 free. I prepared the way every swimmer prepares for a race when they want to make a cut. However, when the race had come and gone, the stopwatch didn't read the time that I needed. My time was .2 seconds away. Richard's first words to me when I spoke to him afterwards were "you we're so close to a 26", the cut being 26.99. Although most swimmers hate when they get close to a cut and then don't make it, I was ecstatic. I had beaten my time, a time that I hadn't been able to beat for a while. This excitement fueled my determination to make the rest of the meet worthwhile. Before my 100 free, I couldn't stop thinking about how I needed to leave everything in the pool if I was going to really put an end to the plateau that had become my swimming career. I think I took a total of two breaths throughout the whole 100. By the end, my arms burned but I ended up dropping 4 seconds! It's the most excited I have ever been about a race hands down, despite the number of races I've swam. A girl from another team even congratulated me. My mom also had a big smile on her face after every race I swam so that made the whole experience even better. I guess this is more like my most memorable meet, but that's okay.

**Most Memorable Moments:** I wasn't moved up to spies until second semester of my junior year but one of my favorite memories is from my first morning practice as a spy. Katie somehow managed to hit a snowbank when she was picking Kiera up and her entire front bumper just kind of fell off. Then, the second morning practice I went to, it was Crystee's infamous Einstein's practice so I guess you could say I had it pretty easy during my first week as a spy. Future swimmers should watch out because Haley, Annie and I are going to invent a lane line that lights up when you pull on it. Every time I pull on the lane line, which I'll be the first to admit, is fairly often, Haley shouts "it's lighting up!" Another memory that is pretty high on my list is the time when Annie wrote a diatribe about how angry she was for not receiving her FREE coffee at Einstein's. She got five bajillion coupons the next time we went. Ryan, I will never believe that you don't shave your feet. I apologize but your feet are naked so you definitely shave them. Anytime we have gotten food together ever is a good time because I mean what swimmer doesn't love food (and teammates of course). Back when Annie, Kiera, and I were younger and boy-crazed I may have accidentally expressed my thoughts about an older swimmer (Collin Heil) a bit too loudly. He ended up hearing me call him attractive because someone opened the door right as I said it and he was standing right outside the door. That was probably the most embarrassing moment of my life but it cracked everyone else up. Every memory I have of Kiera involves her falling, which if you know anything about Kiera that shouldn't be too big of a shock. Kiera, I don't know how many times I can say this but I apologize for dropping you on your butt that one time, causing your hip issues. Even though I was physically incapable of helping you up because I was laughing uncontrollably from you falling the first time, I should have tried a bit harder to hold you up. Finally, Kiera tripping off the block and busting her knee up during our first practice ever back when we were gumshoes will forever perfectly describe my time as a SPY swimmer. I am incredibly grateful for the fabulous group of friends that SPY has given me. My SPY "fam" never fails to put a smile on my face. I hope that college won't break that bond because it truly has been my favorite part about my childhood. I am also thankful for my coaches that have pushed me to my limits and every parent that drove circles around our traffic loop to get us to practice on time.

**Best Events:** 100 Free, 50 Free

**Favorite Sets:** As crazy as it sounds, I love Richard's IM sets. I also like free sprint sets.

**Least Favorite Set:** Distance free sets because they bore me to death. Kicking is pretty horrendous as well.

**Pre-swim Rituals:** This is strange, but I start breathing in really deep as soon as I get to a meet because I have this belief that if I get all of my breaths out before I swim then I won't have to breathe as much during a race. This is also going to sound strange but I try to get my mouth to be completely dry because I'm afraid that I may choke on my own spit when I'm swimming. Aside from that, I get to the blocks super early and visualize my race before I swim like most swimmers do.

**Favorite Meal Before a Big Meet:** A turkey sandwich, preferably made by my dad because his sandwiches taste like heaven.

**Advice for Younger Swimmers:** Give it your all at every practice, dream big, and take chances while you're still young. 10 years may seem like a lot of time to work towards becoming an amazing swimmer but in reality, it isn't. Don't forget to have a blast; most of your time is spent in the pool, so make the best of it. Build up a bond with your teammates. Again, you're going to spend the majority of your time with them, so why not be surrounded by people you love. You don't have to be the fastest swimmer to have a goal. Lastly, thank the coach that coaches and the parent that drives your carpool after every practice. You wouldn't be swimming without their time and efforts.