



**Name:** Peyton Cannon

**High School:** Severna Park High School

**College I'm attending in the fall:** The Catholic University of America

**Hobbies when I'm not swimming:** Outside of the pool I love to spend time with my family and friends, shop, drink coffee, read books, go to youth group, and watch movies.

**My most memorable swim:** I think that my most memorable swim would be at a high school meet in San Diego last year. Our team had just gotten a new coach that year, Pete Murphy. He was a lot better than our previous coach but everyone was complaining because he didn't put us in our usual events for the first couple of meets. I usually swim backstroke and IM but when I looked at the line up for our third meet of the season, my name was under the 500 freestyle. At first I thought that I misread it or that he made a typo because I never swim 500 freestyle, ever. But that wasn't the case; he did not seem to be joking. Before my event my stomach was turning and I was dreading it, that must have been the most nervous I had ever been standing behind the blocks. I remember diving in and under-water dolphin kicking as much as I could to avoid actually swimming. My only goal was to keep up with the girl to the left of me; this was going great until my legs started burning at the 300 mark. I kept thinking to myself, "This is only temporary. Your legs can't actually fall off right??" As I kept on swimming, when I took a breath I could see Pete yelling at me and waving his hands pushing me forward. By the 400 mark I thought my lungs were on fire. So my legs and my lungs were both on fire, great. But I could see that girl in the corner of my eye pushing ahead of me and Pete still screaming at me. This sparked something in me because I powered through that last 100 and beat the girl to the wall. Apparently Pete was pretty proud of me because after that he put me in the 500 for the rest of the season.

**Most memorable moment:** I have only been a part of Spy Swimming for about 6 months but I feel like I have known these people for so long. Severna Park High School is the third high school that I have attended. Starting my senior year in a different state, across the country from all of my friends was pretty difficult for me. The good thing was though, I joined Spy during the first couple weeks of school and I was welcomed onto the team with open arms and big smiles. I remember my phone blowing up with new phone numbers of all of the kids on Spy introducing themselves to me in their group chat. Over these past few months I have gotten to know them better and I don't think I have ever known a team that is as close knit as Spy is. I am incredibly thankful for this team and all that they have done for me to make my senior year memorable and full of love.

**Favorite event:** 100 backstroke, 200 IM

**Favorite set:** I really like kick, stroke, distance, and IM sets. Along with that, I really love the sets that we do when the holidays come around like Spyopoly and the 12 days of Christmas.

**Least favorite set:** That would definitely have to be the 50's test set or any other long sprint set.

**Pre swim rituals:** I get pretty nervous before my event so I like to get behind the blocks two heats before mine. I always wear two caps and I fool with my goggles before my race a lot to make sure they're tight. Usually I'll shake out my legs, hit them a lot and jump up and down to get them loose. As the heat before me is swimming I like to have my goggles on and visualize myself swimming the event.

**Favorite meal before a big meet:** I love all Italian food so my mom will usually make me a big pasta dinner with Italian bread. My favorite would have to be chicken parmesan with pasta and garlic bread. Oh and for dessert, I loooove my mom's homemade chocolate chip cookies.

**Advice to next year's graduating class:** Take it all in, don't live too much in the future. It's really easy to get caught up in planning for the next four years of your life; just don't forget to soak in all of the moments of your senior year. Make sure to spend time with your family because you are going to miss them a lot more than you think you will, and they're going to miss you even more. Cherish the little things like eating dinner with your family, cuddling with your dog, and going to swim practice because next year everything will be different. Fill your phone up with tons of pictures and videos because you are going to need them next year. Keep in mind that as much as you may be ready for your next adventure, Severna Park will always be your home.

**Quote:** "Courage, dear heart." - C.S. Lewis