

**Name:** Victoria Wood

**High School:** Broadneck Senior High School

**Years on SPY:** 7

**College attending in Fall 2012:** Undecided at the moment

**Hobbies when not swimming:**

When I have time, I like to spend it with friends, family and this kid named Jack Bremer...



**Most memorable swim:**

My most memorable swim was in 2008 at finals for the 100 backstroke at Wilton. Going into the race all I wanted to do was try to beat the girl next to me and maybe get a best time, but what hadn't cross my mind was making short course nationals. After I finished the race, I went over to Crystee who told me that I might've made Nationals. I was so shocked that at first I thought she was joking, but she congratulated me and told me she was pretty sure I had made it. Up until then, States had been the biggest meet I had ever been to, so making Nationals was a pretty big deal. I was certainly shocked, but still extremely excited. The feeling however, lasted about an hour until Crystee found out that I had made last year's cut, not this year's national cut time. Instead of being upset, I thought it was the funniest thing I had ever heard. Although the feeling after my swim at Wilton was short-lived, it was still one of the best feelings in the world.

**Most memorable/funny moment:**

Although I have had plenty of memorable moments on this team, (From the girl's locker-room antics to the sporgies and everything in between) the most memorable swim was the time when Jenna made Nationals for the first time in the 200 freestyle. Now, for those of you who do not know her, she is one of the hardest working people I have ever met. For months she trained, trying to make it but each time she ended up falling just shy of the cut time. At districts, our whole team lined up to watch her swim and when she made the cut time, we all literally went crazy. She deserved that cut more than anyone and I was so happy that I cried for at least an hour. Well, no, let me rephrase that... balled my eyes out for half an hour then sobbed for another half hour after it happened. If she hadn't known me like she does, she probably would've thought that I was insane for crying hysterically and telling her I was so proud of her over and over again. It all was pretty embarrassing, especially considering it was in front of everyone not including our team and I was more emotional for her making her cut time than I ever was in making my own.

**Best Event:**

50, 100 and 200 Backstroke

**Favorite Set:**

Kicking sets, anything backstroke related, STATIONS

**Least Favorite Set:**

Usually Richard's Thursday morning "chart" practices, distance sets, pull sets

**Pre-swim rituals:**

I tend to listen to music (at excessively loud volumes) and dance behind the blocks. I also have to drink Gatorade (I may be addicted) and stretch in between a few warm-ups. With relays, we all pump each other up and when Nicole

Provenza was on the team, we would blast “Hakuna Matata” or whatever it is that we could dance or sing along to. She would always tell me to visualize “being Kendall Farnham because she can do anything.” I also tend to dougie..... A lot.

**Favorite meal before a meet:**

I eat pretty much anything and everything..... But I guess pasta is always good to eat before a meet?

**Advice for next year’s graduating class:**

As far as practice goes, make sure you take dryland seriously. It helps more than you think. As far as competing goes, each race is a new race. You may have a horrible swim where you add 10 seconds, DFL and get a nice little lecture (or worse, the silent treatment) from Jim, but take that race and learn from it. You will probably have hundreds of more races throughout your swimming career, so instead of getting upset, learn what you need to fix so you can improve the next time you swim. As far as everything else goes, learn to lean on each other. This team is more than just a swim team, we are pretty much family. You won’t realize until you are on the countdown to leave for college that the people who you have met and learned to love on this team will eventually go their separate ways; so make the best of the time you have. Yeah, there is no denying that we fight and bicker like a family, but we also love like a family and if there is anything that I have learned on this team it is that the support system you have here is amazing. Take advantage of that.