

Name: Allyson Lee

High School: Severna Park High School

Years on SPY: 5

College attending in Fall 2019: The University of Alabama, Roll tide!



Hobbies when not swimming: When I am not swimming I like to watch my favorite shows on Netflix and watch my favorite You Tubers. I like to learn video editing in my free time and I really enjoy going to yoga at the YMCA. I enjoy hanging out with my friends and going shopping or out to get chick fil a!

Most memorable swim: My most memorable swims this year would have to be winning counties and regionals, as well as getting 8th at high school states in the 50 free during my high school season. I know this isn't from SPY but the training I have received from SPY has helped me to achieve these goals and to finally win something for myself, and I am so happy that Crystee and Richard gave me the opportunity to do SPY and SPHS Swim at the same time for the last 4 years.

Most memorable/ funny moment: Honestly I have so many memorable and funny moments from my years of swimming. One of the first things I can remember from when I became a SPY was after the first Saturday morning practice the team all went to chick fil a. Teddy was playing with a fidget spinner and knocked over a cup of water everywhere. Then later that day I was so tired that I started crying at noodles and co. when I was at lunch with my dad and brother. Another funny moment would be when we got assigned lanes and Crystee would always put the super fast younger kids, who are now my good friends, in my lane during morning practice. Since I don't generally swim that fast in practice and the younger swimmers are under pressure to be moved up, I sadly had to go to the back of my lane ;).

Moving into memorable moments, it was a long course meet this past spring, I just dropped a ton of time in my 100 backstroke, and when a boy (whose name I shall not name) who swam that event after than me came into the warm up pool, I casually said, my 100 back was just faster than yours. It was only by .3 tenths and he is way faster than me in short course and really every other event, but it made me laugh and I still bring it up to this day, (he told me not to put this in here, sorry). My final memorable moment is that I have been able to capture our teams true dynamic by making vlogs at every important swim meet. I will be able to remember my senior year so much in the future and I thank everyone who came on camera with me.

Best Event: 50 Free/ 100 Backstroke

Favorite set: I know I will get hated for this, but the 20x50s race pace, because I have reached the point of no return and I can't make my time anymore so I really end up doing 6x50s and calling it a day!

Pre-swim rituals: I have a lot of things I do before my races. First off, I can usually be seen drinking from a blender bottle or pouring a suspicious white powder into a blender bottle at meets. What is this you may ask? Well it starts with 150 mg of caffeine, I'm not sure about what else is in it, but man does it make me speedy. It was so back ordered this swim season that I didn't have any until January. When I finally was able to have it before my events I started dropping time. I usually like my last meal before a swim meet to be Chick fil a, and I like eating chick at swim meets. I usually am double fistng Iced coffee and my special juice. Now, right before I head up to the blocks (which is probably 2 events before my race because I'm a jittery mess) I like to have a small snack of either hot Cheetos or fruit snacks. Once I am behind the blocks I put my cap on right away. The my goggles are glued to my face from the very first heat of my event (I'm so scared of them falling off). Then when the heat in front of me dives in I stretch my legs and say a prayer. I only pray before my races because when I was a baby I would pray before getting in for swim lessons (as a way to avoid getting in for lessons of course).

Favorite meal before a meet: Chick fil a, if possible, Chick fil a breakfast.

Advice for next year's graduating class: Well since there is only two senior girls next year I'll give you each a note. Kim: Please don't take a full schedule of APs in your senior year, also don't give up and quit swimming. I know you haven't had the ideal season but you have changed the sport for me and I would love to see where you end up as a swimmer this time next year. Catherine: We have a lot of history inside and outside of swimming, I really hope you stay resilient and do what you can for next year's team, you have been an incredible friend to me and everyone on this team, I hope you don't become an annoying stem kid next year because I know too many of them and I hope you stick with the sport next year. For everyone who is coming up: enjoy swimming even when you hate it, you only have a few close immediate groups of people to love or hate in your life, I wish you all the best and I thank you all for being amazing teammates this year!