

Name: Izzy Stone

High School: Severna Park High School

Years on SPY: 8 years

College Attending in Fall 2019: Villanova University

Hobbies When Not Swimming: When I'm not swimming, I love going to concerts, hanging out with friends & family and eating lots of junk food. The best is when all of these are combined at "fat parties" with my friends, where we blare music and dance around the house while stuffing our face with candy and cookies and pizza and anything that's unhealthy.



Most Memorable Swim: My most memorable swim was at MD States 2018 where I got scratched into 100 fly finals for dead-last place, I was so excited! There were only two of us at finals that night plus Crystee which was nice because if you know me, I hate people watching me swim. It gets me really nervous and I always laugh when people are cheering for me and swallow a bunch of water. I felt so good during the race and wasn't even thinking about making the Nats cut that I had been working for since the year before. When I hit the wall and looked up at the clock, I missed the cut by .01! I couldn't even be upset about missing the cut because it was so crazy to miss by 1/100th of a second and it's still a running joke on the team. I swam the 100 fly again for a time trial at Districts a few weeks later and my friends and second-parents all stayed to watch me swim on Sunday night. Although I still didn't make the cut, it's a night I will always remember being surrounded by all these people that I love and felt so supported by who made a rough night 1,000,000 times better.

Most memorable/funny moment: Every moment on SPY is funny so I can't pick just one...

As the senior girls this year, we've been getting up extra early for morning practice before big meets to decorate the locker rooms. We also decided to blare music and sing and dance while everyone walks in to practice, half asleep. Santa even made a special appearance for Cap Classic! Doing this is definitely the most fun I've ever had at 4:30 in the morning and it was so much fun getting to do things that made our time as younger SPIES so special for the rest of the group.

Every year at Districts, they always play The YMCA over the loudspeakers and everyone sings along and dances and it's so much fun. Well last year, all the Moms in the stands were doing weird dance moves (Jeffy) and singing and making all of us laugh and that's surely a moment I will not forget.

This past year at Raleigh, Reagan and I were both having a rough meet so we stayed up past midnight on Saturday night just lying in bed and laughing at ourselves. We may have been exhausted the next day but it was totally worth it

because we had each other and made our last Raleigh together super fun. I'm going to be very sad to leave my Reagy-bear.

One story I tell a lot is how my freshman year math teacher (hi Dr. Jones) would always talk to me about her son Max who just joined Spy and would ask me questions about meets and swimming in general. At the time I thought that this kid was so much younger than me and I wouldn't ever be friends with him, but here we are today, Maxipoo my BFF.

Griffin and I were deemed team Mom and Dad because we like to yell at AJ and Max for doing dumb things. Thank goodness Griffin joined the team to keep those fools under control and to balance out the original 1 senior boy to the 5 senior girls (and to let us hang out at his house).

The prank war didn't really live on this season (our boys "respect women" and buy us chocolate) but I will never forget how Elena and I came up with the greatest prank of all time: stealing the boys' keys and moving their cars around Severna Park. It was hilarious to see how mad they were, especially because they would always make fun of us for getting mad at their pranks.

And finally a special shout out to AJ (and Momma Gills' brownies) for all our crazy car rides, Agadoo, and our special affinity for Mexican food at either Mi Pueblo or Chipotle. Thank you for buying my ice cream cones for breakfast and letting me eat your chicken biscuits.

Best Event: 100 fly

Favorite Set: Any of Richard's unique sets that are always fun or Crystee's sprint sets with lots of rest.

Least Favorite Set: RACE PACE!!!! and warm-up.

Pre-swim Rituals: I usually goof around for the entirety of swim meets so when it's time to swim I usually am still goofing off, listening to music and talking to friends, but I always fidget with my goggles up until the second I get on the blocks.

Favorite Meal before a Meet: I love Italian food and spicy food, I could eat them for every meal every day, so I'll usually have Chicken Parm or pasta, or Mexican food of any kind. And of course for dessert I'll have candy and ice cream.

Advice for Younger Swimmers: HAVE FUN!!! Don't take things too seriously!! Swimming 8 times a week and having long meets on the weekend can get really hard but if you keep up the laughs and stick together as a team, everything gets so much easier and more fun. Also, remember to treat each other like a family and hang out outside of practice/meets. Being friends and bonding as a team changes EVERYTHING- those 2 hour and 15 minute Friday's and 5 am weekdays are bearable when you're with some of your best friends.