**SPY SENIORS PAGE**:

Name: Kate Myers

High School: Severna Park High School

Years on SPY: 11 years

College attending in Fall 2022: Undecided

Hobbies when not swimming: Eating, sleeping, watching movies, shopping, hanging out with friends

Most memorable swim: Wilton of 2018 is definitely my most memorable swim. I was trying so hard to break a minute in my 100 free and I just couldn’t do it. I was so mad at myself and worked so hard to complete my one goal of breaking a minute (even though I’m a terrible sprinter). I kept missing the cut until Wilton came around the corner when I decided that it was my time. I was scared but excited and I had so much confidence. I sprinted in prelims and was so excited to look up only to see that I ofc did not break a minute. I got out and actually wanted to cry (I probably did lol) and was so disappointed in myself. About 15 minutes later Reagan came up to me with the biggest smile. I asked what was up and the other girls came up, too. Reagan told me that they had all scratched so I would be bumped up to swim the last spot in finals that night. I definitely cried then after realizing how much this team means to me. Even though I gave up on swimming a long time ago (sorry haha), I never lost the love I had for my teammates. These girls that I grew up with became my family. It all started when I gave Reagan ankles at our summer swim meet, even though I was on the other side of the rivalry (go gators). At the age of 7 years old, we became best friends and swimming wasn't the same this year without her. Anyways, everyone came to finals waiting for the 100 free to come up as I was behind the blocks practically holding back my throw up. I don’t even remember swimming because I kind of blacked out, but I could never forget the moment of silence when I touched the board and we all looked up. 59.16 blinked in red letters and we all started screaming. I jumped out of the pool and was embraced by hugs and tears and laughter and in that moment I realized how loved I am. Truthfully, it’s never really been about swimming for me. Unfortunately I peaked at the age of 12, but at least I never lost sight of what was really important. My favorite thing about swimming will always be these memories I make with my best friends. As much as I hate swimming at 5 am, at least we all did it together. The people on this team made every second worth it. Love you all so much.

Most memorable/funny moment: I honestly don’t know what to choose because I have endless memories of me laughing so hard I felt like I was going to pee. From dance parties in the locker rooms, to going out to eat, having sleepovers, and sharing pretty much everything about ourselves, this team has made me laugh even when we’re sleep deprived, exhausted, and hungry. In 7th grade Tyler and I swam a T30 and those 30 minutes were the start of it all. We split the lane and I was excited to have a nice distance swim. This was back when I was faster than him - that didn’t last very long. Every time I would get ahead of him he would catch up and every time he was ahead I would catch up (this was not intentional, at least not on my end). We ended up swimming next to each other for the entire 30 minutes and when we finally stopped I genuinely thought I was going to punch him. We started fighting and we still joke about this 6 years later. Him annoying me hasn’t changed much (lol), but I can say that our odd friendship in 7th grade turned into a best friend. We would give each other high fives when we would pass each other underwater in breaststroke and I still think of that at the most random times. The team would play hotel tag every travel meet we had. Reagan, AJ, and I would give each other random bets for $1 until we had made the traveling dollar that somehow made me eat both a jalapeño and a spoonful of tabasco (0/10). Swimming brought me to Shay, a girl who became my best friend in little to no time. I have infinite memories dancing at practice and singing to Crystee’s terrible music (I say terrible because Imagine Dragons was in the mix so it was automatically bad). I have laughed and cried so much with these girls, it’s a bit comical actually to see who has the most mental breakdowns. I can name something from 13 years ago, when I swam on this team at the age of 5, but I could also tell you about how Gracie and I were singing random tik tok songs this morning at practice or how Shay and I texted at 4:50 am trying to convince the other to skip so we didn’t feel guilty.

Best Event: 500 free

Favorite Set: starts, turns, and finishes, maybe some 25’s, probably something that didn’t involve much swimming, power Thursday :)

Least Favorite Set: Richard’s Monday IM practices or race pace

Pre-swim rituals: Give some hugs before dying in the pool

Favorite meal before a meet: Smoothies and Ice Cream

Advice for next year's graduating class: Live in the moment. I am completely aware that swimming may not always be enjoyable, but I am also aware of the impact it’s had on who I am. Hang out with friends and stop stressing so much because everything will work out even when it seems like the world is falling apart. Give hugs, tell your parents you love them, and make late night mac and cheese with your siblings, because one day you won’t have the chance to. It’s easy to see the flaws of this place and be eager to leave, but challenge yourself in being grateful for the now. As much as I can't wait to start a new chapter in my life, I will always be thankful for the people I met and the memories I made here. Take pictures and stop for a second to take a breath. Love you guys so much and I know you will all do amazing things ♡