

**Name: Kyle Cannon**

**High School: Severna Park High School**

**Years on SPY: 3**

**College attending in Fall 2019: Undecided**



Hobbies when not drowning swimming: Flexing on, ruling over, and occasionally teaching my swimmers at my summer coaching job. Being an intellectual in the Architecture, Construction, and Engineering Club at SPHS, as well as the National Honor Society. I volunteer in my community and for my church. I also of course enjoy moving the shift knob in my car from left to right to make sure I'm in neutral.

Most memorable swim: The 100 freestyle at the Capital Classic meet this season. Everyone around me watched as I went 50.82, dropping .6 and having a great race overall. To me, the race additionally represented the completion of a goal I set way back in freshman year. In 2016, I was living in San Diego, and I was a member of my high school team. One of my buddies, Stefan, was a senior who was also on a club team with me, Pacific Swim. This guy was a top tier swimmer on both teams and swam the 100 free often. I highly respected his level of motivation and speed in the pool. One meet, Stefan got a best time in the 100 free, he told me he went 50.2. From that point on, I made it my goal to get down to 50 in *my own* 100 free by *my* senior year, just as he had. I had a long road ahead of me, as I was still going around a 57 by the end of high school season that year. For more than two years, I kept that goal in the back of my mind, working hard, and slowly getting closer and closer to that once far away dream. When I finally got down to 50 at Raleigh, I had a huge sense of accomplishment and pride as I'd followed through and gotten the job done. This is what swimming has always been about for me, reaching those milestones and feeling on top of

the world. Anyone who's seen me after a great swim knows what I'm talking about.

Most epic moment: At the senior meet this year, there were a bunch of people swimming the 50 free, including Max and me. Obviously, the senior meet isn't a prolifically fast meet, thus prompting Max and I to have a little fun. We started to hype all our teammates up, telling them that we'd both be going 21, breaking a SPY record, making Nationals, etc. We also tried to intimidate everyone we were swimming against. When the time came to swim, we got on the blocks, took our marks, and leaped into the water. When we came up, Max and I swam a 50 butterfly and confused literally the entire facility. We may not have gotten any records, but it cracked us up and made the coaches roll their eyes and surely laugh a little.

Best Event: 100 free. The 100 freestyle may not be the most unique event, but it is one that I have always enjoyed. It's been fun correcting small details and putting in the laps to make my time faster and faster. The rush of flailing my arms and flinging my feet extremely recklessly is also quite exhilarating.

Favorite Set: Power Thursday circuits. Thursday morning main sets have always been my favorite, regardless of the specifics. I relished that fact that I could reliably determine that it wouldn't be distance free or IM. Power Thursdays also usually also include mostly 50s and 25s, where I can focus on swimming crazily hard for a few moments instead of actually thinking about my pace.

Least Favorite Set: The dreaded 400 IM test set. C'mon, if you don't despise doing as many 400 IMs as you can make then there's something wrong with you.

Pre-swim rituals: Every time I get behind the blocks for a swim, I touch my toes and then do it twice more with my legs crossed each way. I then do a quick Michael Phelps Back Slap© and I'm good to go. I do these stretches because I have to ensure that I'm not stiff before my race. For me to activate Sicko Mode is a dangerous move, everything must go correctly for me not to vaporize the entire building trying to initiate it.

Favorite feast before a meet: Baked Ziti, garlic bread, and a big glass of milk. Dessert usually consists of a big bowl of ice cream, preferably peanut butter or cookie dough, and more milk.

Advice for the Spies: It's all about the grind folks. There's no place in the definition of "the grind" that says it'll always be easy to attain your goals. I don't care how hard you work in and outside of practice, there is always the possibility that you could plateau out. But it doesn't matter if you do or do not plateau, what matters is what you do after you plateau. If you mope around and throw in the towel, you'll suck, period. If you continue to grind for your goals, that's where greatness shows itself. Be great. I know you all can.