

Name: Sam Bertinatti

High School: Broadneck Highschool

Years on SPY: 7

College attending in Fall 2022:

Hobbies when not swimming: Gazing off into Dylan's beautiful eyes and seeing my goals and aspirations

Most memorable swim: When I swam my first long course 200 IM in the wrong order and got disqualified for so many things

Most memorable/funny moment: AJ told me I was flirting with an older lady at long course nationals at chipotle, but I don't remember. It's his word over mine.

Best Event: 100 breast

Favorite Set: Thanksgiving morning where we closed Jacob in the storm of kickboards, classic traditional set can't wait for the storm every year

Least Favorite Set: The set we did on Tuesday morning where I got my 6th concussion by hitting John Berret the 4th right in the noggin.

Pre-swim rituals: Shake what your momma gave you as I'm on the blocks about to take my mark

Favorite meal before a meet: Chocolate pretzels from Dylan's bag

Advice for next years graduating class: Don't stress about races or how you'll do, I do my best when I'm laughing it off before with friends and going into it with an empty mind. Stress isn't ideal and the best way to get faster is to have fun.