**Name:** Jean-Gregoire Seitz

**High School:** K12 International Academy

**Years on SPY:** 7

**College Attending in Fall 2021:** UCLA, University of Michigan, Indiana University, or McGill

**Hobbies when NOT Swimming:** Taekwondo, going to the gym with my brothers, stock trading…not much else in all honesty.

**Most memorable swim:** 100 IM at the Chiseler Invitational back in 2014. It was my second meet on SPY, and, at the time, my ego was out of control…and this race made it worse. In fact, I still remember the confidence I had after sweeping my first two events as one of the youngest in my age group. Now, this was my first swim meet where the area we were waiting in was separate from the actual pool. So, for those first two events, I was relying on two other swimmers I had gone to the meet with to know when to go up. But the 100 IM was in the third session, and they weren’t there. After a while, my dad kept trying to convince me to go to the other side of the gym where the announcer was yelling out the event numbers, just to check when my event was. I eventually listened, and it’s a good thing I did. The second I mentioned my age and the 100 IM, she yelled “GET OVER THERE NOW! YOUR UP!”. I bolted across the gym, grabbed my stuff, charged to the pool, and ran into coach Melany. I asked her the same question I had asked the grandma with the loud voice. It didn’t take long for Melanie’s expression to blank out, grab my arm, and run to stop the announcer (turns out my heat was getting on the blocks as I got into the room). We got there as he was saying “take your mark”. In what felt like a second, Melanie got my cap on, I pulled my goggles over, jumped on the block, and took off. Maybe it was the mix of extreme confidence or pure adrenaline, but I did not feel the event in the slightest. By the time I had touched the wall, I had lapped the kid next to me. I was still in a daze when the building lost power as the kid was coming back. By the time I got out of the pool, I had left the place with no power and a crowd surrounding the kid I had just lapped, who was on the brink of throwing up. To top it ALL off, as I got back into the gym, another kid who had been crushing the meet slapped my shoulder, laughing “you just lapped that kid!”. That was the unfortunate day I met AJ.

**Most memorable/funny moment:** There are a lot of really immature ones, bottom line. Dipping from practice at the Y with Cole, AJ, Wesley, Conor, Chris, and Liam (since the pool was open-air in October…glacial), instead spending over an hour running between the showers and the sauna, is a standout. Ruining a whole team’s Tiktok (ft. Cole and Sam) just after making everyone take a bite out of a stale baguette at Cap Classic 2019 is also pretty memorable. Also, all of Wilton 2017 and District finals 2018 are prominent. But the most striking standout for me was when I humiliated this trash talker in a 500 free a few years ago. Before the event, he was talking up his speed, saying things like “No one has ever beaten me in this event” and other egotistical nonsense. I stuck to him as he tried to break from the rest in the first 100, then I split from him in the last 200. I distinctly remember hearing the bell ring as I flipped for the final 50…since I was wondering if he could hear it from the other side of the pool (i.e., I was destroying him). What made it so memorable was his reaction at the end. He was saying stuff like “I should have warmed-up” and “I thought I had it”. Now, the funniest moment I can remember that is not seriously immature is when this one spherical swimmer at the Naval Academy did a start. Quite literally, he hit the water in a belly flop louder than his yell on impact. He then slowly floated to the surface and stayed there motionless for a few seconds – in a streamline – before starting his swim. I can still vividly recollect the aching in my back from laughter.

**Best Event:** 200 back or 200 breaststroke

**Favorite Set:** Freestyle IMs

**Pre-swim ritual:** I don’t have a ritual per say, but there are things that consistently reoccur right before my races. Getting warned/yelled at by teammates, officials, and Mrs. Gillespie for profanity is pretty classic. It’s also become pretty automatic for me to lie to some random swimmer who asks what time I have (2-3 seconds faster than reality is prime).

**Favorite Meal before a meet:** No idea

**Advice for next years graduating seniors:** “Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. It’s an opinion. Impossible is not a declaration. It’s a dare. Impossible is potential. Impossible is temporary. Impossible is nothing.” – Muhammad Ali. Don’t put a limit on anything you do; it doesn’t need to be there.