

I started swimming when I was 5 years old because my parents were tired of me complaining about having to go to my sisters meets. Their solution was to sign me up for the local team, MCY. I did multiple sports throughout elementary and middle school but swimming seemed to be the only one to stick. After a while, I decided to switch teams to SPY. SPY helped me realize what a team should actually be like. We are a family and I know I have gained lifelong friends through the process. They have seen me at my highest points as well as helped me through my lowest points, and for that I want to thank you.

First, I would like to thank my coaches John, Mickey, and Morgan. John, you have been at almost every practice of mine since I started at SPY. You have always shown up and written practices that challenged me as an athlete but most importantly, you cared about your swimmers. Whenever I walk onto the deck, you are always there to ask how I am. Whenever I am having a bad day, you will always make me laugh by calling yourself an "old fart" or threatening to step on my toes. Then there is Mickey. I still remember my first practice at SPY and she came up to say, "Hi, im Mickey, like the mouse" and since then I have always appreciated her energy and her ability to make my day better. Some of my favorite practices have been her creative sets on Saturday morning. This year she has also helped me through some mental challenges and for that I am very grateful. Next, there is Morgan. Morgan I always know I can talk to you about how I feel about a race and you will always make me feel better. You will encourage me to think about the next race and how to recover from the last race. I love how you take meet day selfies and make an effort to get to know us as people. I would also like to thank my friends for always pushing me through hard practices and long meets. Without you I probably would not still be swimming. Lastly, I would like to thank my parents. They have been my number one supporters and have always encouraged me to become whatever I want to be. I would like to thank them for driving me to every practice and every meet without complaint.

SPY has been a way to take my mind off of school and all the other troubles of the day. There will never be any other program like this one where everyone feels welcome and accepted. SPY is like a second home to me and although I am leaving next year I know that the future is bright for the SPY community and you will continue to do great things. Thank you.