

Being on the Terrapins has shaped my life for the past seven years. The memories we've created and the lessons we've learned will stay with us for a long time, and most importantly, the friendships we've made here will last a lifetime.

While much of our time here was spent in grueling training, we also shared countless unforgettable moments. I'd like to take a moment to highlight some of my favorite memories on this team. Playing ultimate frisbee was always fun and always competitive. Some people may have taken the trash talk a little bit too far, but it was always my favorite practice of the week. And everybody's favorite, Monday freestyle practices. Even though we all dread them, the feeling after having a great free set is unmatched by any other.

To Coach Doug and Coach Dan, thanks for always being patient with me, whether I'm nervous at those big meets, cramping on the wall, or when my alarm somehow fails for the third time that week. You guys have seen me at my best and at my worst. And I know that you'll always be there for me whenever I need it, in or out of the pool.

I've been told that I should share some advice for those of you continuing here next year. They say the smartest people learn from others' mistakes, so let me share a couple mistakes that I've seen or done myself.

Waking up at 2 am before morning practice to play video games is definitely one of the worst ones I've seen. And on a more serious note, one of the biggest mistakes I've made is making it all about the numbers I see on the scoreboard at the final meet of the season. Use the experiences here to grow, have fun, enjoy the journey. In 10, 20, 30 years, most of us won't be

swimming, but we'll still carry the values instilled in us here since day one: desire, dedication, and determination.

Thank you