

Starting off on rec and moving into year round when I was 12 years old, swimming has played the core role in my life for the past 13 years. Starting that first year off on gold and just trying out the clinic I really didn't have any crazy expectations for myself and I didn't really know what to expect to get out of swimming for an entire year in comparison to just swimming over the summer. I was a little nervous for a change in my life, but little did I know just how much a little decision like this would end up impacting me for the rest of my entire life. I am endlessly appreciative of the support that not only my family has given me through this journey, but the support of my coaches and friends as well. From the very beginning of being on gold, I remember Doug introducing me to a new fun but disciplined and hard working environment of a different type of breed of swimmers. Despite only being coached under coach Doug for about a year, the improvements I saw in my technique and attitude because of his time and effort spent on me is something I cannot thank enough. Simply because of a random side lesson or tip he gave me after practice one day for not letting my left arm fall down during my freestyle stroke ended up helping me figure out my own freestyle that actually worked and ended up creating the freestyle demon that I am today.

After getting moved up out of gold and into senior d and then into senior, coach Dan not only welcomed me with a warm hug of challenging monday freestyle banger sets and super awesome morning practices, he made sure to support me and push me forward to trust your process especially at times when I was getting in my own head and talking myself down. You have always supported my competitive spirit and always made sure to match me up with one of the older Seniors so that I could race the people I looked up to as a kid or have me do a hero swim for a little bit off of a saturday morning race set to see what limits I had in store

pushing me all the way to that next gear. I am forever grateful for how much you believed in my swimming and the time and effort all of it took.

As I start to reflect and accept that I really am hitting unc status and my time on this swim team is coming to an end, I have realized that the reason swimming has played such an important role in my life isn't just because of it being a plain sport or me being a fast swimmer, but it was from the priceless memories I've made with the community and my friends on this team. From saturday morning practices emptying out whatever you had left for that week with hero swims and hard sets that would always give me a crazy adrenaline rush and then heading out to get something to eat right after to talk about whatever for hours on end, to crazy locker room conference meetings with super top secret teenager discussions with the occasional angelic opera performance by stan alistair david and konstantin and just seeing what shenanigans they're up to, to hearing anden lyes burps every time I got on the wall and accepting that its impossible to win an argument against the stepback 3 game winning goat, to hearing diego crying laughing at something pretty suspicion but you end up laughing along anyways just because of his goofy laugh, to getting that crazy comeback relay win at my first summer far westerns with christian leading off and getting nominated for the relay of the year, to playing video games right after we got home from swim during covid and hopping on discord with danielson067 and the rest of the boys and getting crazy out of context clips that will live on forever, all the way to everything coming full circle this year when I realized all of the similarities the younger senior d boys have with my experiences and how lil bro morgan really thought he would ever have a chance of beating me in a race are all just a slice of the memories that I will cherish and look back on for the rest of my life.

Hearing past grandpa and grandma seniors giving their speeches these past two years and never thinking too much about it until the night before of the writing of this letter, I never would have anticipated just how fast time flew by me these past years. Although I am sad of moving onto a new chapter in my life, I feel eager but at the same time nonchalant for what's to come my way in the near future because of how this team has shaped me and prepared me not just for the challenges I have faced inside the water, but also just helping me face up against whatever is thrown at me in my whole life in general. Thank you terp nation for a truly unforgettable goated of all time experience and I am truly grateful to be able to call this place my second home. As a wise man once said, "Im getting dived bro". Thank you