



**Name:** Maile Johnson

**High School:** Severna Park High School

**Years on SPY:** 7 years

**College attending in Fall 2018:** Probably West Virginia or Old Dominion

**Hobbies when not swimming:** Even though I can't say that I am at practice a ton, when not at practice I mostly enjoy hanging out with my friends and trying new things. I'm always up for a crazy adventure. I also dedicate a lot of my time to community service, it is one thing that I have been truly passionate about. When not swimming, hanging out with friends, or doing community service, I like to sleep, eat and have jam sessions in my car with my sister! You can also catch me playing Can't Help Falling in Love or Banana Pancakes on my uke because that's all I can play.

**Most memorable swim:** There have been two swims that I have been proud of, and they are both the 50 free. The first was when I was 13 I think and I had been working so hard to break 30 seconds AND I KEPT MISSING THE CUT. Every meet I would miss the cut by a tenth of a second. It was at C&P's and I had literally lost all hope in breaking my time. For some reason I dove off the block and was like nevermind I am doing this today, and I raced so hard. I slammed my hand into the wall, looked up at the clock, and got a 29.98 and I was ecstatic. I had shook my fists up in the air and splashed the water like I was Michael Phelps or something. I looked up at both my parents and they were on their feet cheering, I had never been so happy or proud of myself. My second was at Winterfest when I was 16 trying to make the district cut in 50 free again. I was literally .01 away. Once again, I had lost all hope but I had some pretty stiff competition in my heat and I just tried to keep up with the fastest person. I got out of the water and realize I had gone a 27.55 and Sophia was there and we both started screaming and I fell into her arms and she gave me the biggest hug.

**Most memorable/funny moment:** I don't even know where to begin with the memorable moments. Driving the girls around can always be pretty fun, there's never a dull moment. I would have to say one of the funniest moments was when I was driving Ally home and she starts screaming and she unbuckles her seat belt, climbs over the middle thing if my car, and into the back seat. Once I stop the car she climbs out and said there was a bug in the front seat and after checking there was nothing. Besides that, there's always something happening at practice or a new inside joke being created.

**Best Event:** 50 or 500 free

**Favorite Set:** I typically enjoy any freestyle set. I like a good freestyle ladder where we have to go from 1,000 to a 200. Or I also enjoy the T-30. I can tolerate/enjoy a 200's back set.

**Least Favorite Set:** My least favorite set definitely includes anything stroke or straight IM. Kicking and drag socks are also the death of me, I just don't go anywhere.

**Pre-swim rituals:** I don't really have a pre-swim ritual. I typically go behind the blocks, stand with friends and sing or dance around. I guess a couple heats before me I try to focus on actually swimming. I will occasionally stretch out if I remember to. I just try to remain calm and have a good time. I am also known to talk to the timers excessively until I start to annoy them.

**Favorite meal before a meet:** I typically get made fun of by the other swimmers but I like to eat orzo and black beans in a bag with caesar dressing.

**Advice for next years graduating class:** There are a few things that I have already learned from my short time being a senior. Probably the biggest thing is to TAKE EVERYTHING IN. Senior year has gone by way too fast already so just try to have fun with it! Also whoever said that senior year is easy IS COMPLETELY WRONG. Just remember to take time to focus on your grades and college apps, this is your future in your hands and you have the power to control it (sort of). Keep in mind that I didn't have the best grades in school and still getting into my top two schools taught me to worry a little less about school. Everything happens for a reason and if I made it so can you! Don't let anyone tell you that you are not good enough, smart enough, fast enough, or anything meant to bring you down. This is your life and your story, why let someone else try to decide your future or affect it.