

SPY SENIORS PAGE:

Name: Natalie Frank

High School: Severna Park High School

Years on SPY: 5

College attending in Fall 2025: Undecided

Hobbies when not swimming: Going to concerts, traveling, reading, and spending time with my friends.

Most memorable swim: Winterfest 2023 when I got district cuts in both 100 and 200 breast.

Most memorable/funny moment: I loved going on the training trip in Florida. Getting to go to the beach and eat dinner as a team is so much fun!

Best Event: 100 Breaststroke

Favorite Set: Any pull set

Least Favorite Set: Any set with 400 IMs

Pre-swim rituals: Listen to music or sing a song in my head.

Favorite meal before a meet: Pasta

Advice for next years graduating class: When you look back on your time in SPY, you won't remember the races you added time on or the challenging sets you struggled to get through. Instead, you will remember the amazing people you met and the memories you made. So always have fun, show up to practice, and savor every moment!