

FREEZING the moment

The swim and dive team consists of so much more than what meets the eye. With a new team photographer, the unity and the behind-the-scenes moments of the swim and dive team can now be preserved.

A meet may only last a few hours, but a photo can make it last forever. As the horn blares and the swimmers dive into the water, **freshman Megan Feng** dives into action, positioning herself to get the perfect shots.

Feng focuses on much more than the viewer's eye, carefully carving out each movement and rhythm within every swimmer. Through the lens, she learned to focus on small actions and anticipate moments before they happen, sharpening her understanding and polishing her craft. Her precision and attention to detail go into shaping every last one of her photos.

"When I'm capturing them while they're in the pool, I try to count and make sure that I'm following them, and their rhythm, so I can get the right photo," Feng said.

Feng's motive and attention to detail stems from more than just practice, but also from outside experiences that have piqued her first interest in photography.

"My dad took photos, mostly last year, and they have an end-of-year banquet video, and so I helped him with that, and so I got to see all the photos that he took and I thought they were really cool," Feng said.

But her presence shows even beyond the camera, and her motivation helps these swimmers stay encouraged and engaged. **Senior Grace Evert** is a friend of Feng's, and keeps her motivated throughout meets.

"She's really, really proactive. That's something I love about her. She's always texting me before the meet

and asking if there's anything she can do to help, or bring to the theme. She's just super diligent at what she does, really a hard worker. And [she's] always out there taking pictures and comes with us on the bus, even if we have a meet half an hour away," Evert said.

Having a passion is one thing, but keeping motivated and following through is another. **Head swim coach Andy Cunningham** shares Feng's hard work and dedication for what she does.

"Megan has done a wonderful job this year taking pictures during our meets, during our team events, and everything else. She's been around for everything so far this season, and she does a great job keeping our Instagram up to date, and definitely taking that off of my plate," Cunningham said.

For Feng, her story is not just about the outside of what anyone may notice at a swim meet, but is instead about the inner workings of how the team plays out. Something not everyone can get a glimpse of.

"I like to capture the behind-the-scenes stuff, like when the swimmers are cheering for their teammates, or when they're actually in the pool and all their technique and stuff. I also see more of an overall view, and I'm not the one actually competing, so I get to see how they feel when they compete," Feng said.

Feng's skill in capturing moments and the core of the team, keeps the team and these memories alive. She tells the story of every cheer, race, and victory. These aren't just photos, but memories that will last a lifetime. *story by Jessica Bray*

STOKED strokes

With every lap, the swim team makes waves by perfecting their technique and mastering their skills. Whether driven by speed or endurance, every team member pursues the event they know they can best showcase their talent in.

1 Thomas ('26) Henry

"My favorite stroke is freestyle. In practice we do resistance stuff, so we'll tie bands around our waist and practice, pulling up weight building up endurance," Henry said.

2 Leah ('28) Inman

"My favorite stroke is the 100 free because it's not super short but not super long, so it's better than a 50 or 200," Inman said.

3 Alice ('27) Sharp

"I'm a long distance freestyler, so I like 500 free the most. It's a lot of endurance training and distance, so I just have to make sure I train for those," Sharp said.

