"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible"-Doug Larsen

"Obsessed is just a word the lazy use to describe the dedicated"-Anonymous

Today is the final day of Nationals! Wow this meet has come and gone so quickly! Oh my gosh, guess who is coming to the meet today!?! ED MOSES. Can you believe it? It's so awesome. But anyway. I absolutely love it down here. Every single person shows such dedication and pride in their swimming ability. At the Parade of Athletes they had two Olympic Disability teams come and swim a 200 Medley Relay for us. It just shows how lucky we, as able swimmers, are to be given such healthy and athletic bodies.

Well, what happened yesterday...we went back to the hotel and everyone took a nap for 2 to 3 hours or so. Then we went out to eat at Bennigans because yesterday was Kel's birthday (wink wink). It was fun. Then we went back to the hotel and finished our game. Unfortunately Kel, Kaeley and Casey won, but that's ok because today we are having an Ultimate Game! We challenged Cheshire to play against us (they are staying in the same hotel as us) and seeing that there is no swimming tomorrow, we are going to have an all night game! It'll be super duper fun.

I sure am going to miss writing this journal entry. I love writing down my experiences so that younger swimmers can read them and get a better feel of how great a meet Nationals is. Sure, their coaches may tell them, but when I was younger I read these journals and thought that this meet was awesome because that's what the older swimmers who wrote in these journals said. I just hope that by writing down my experiences, other swimmers can also get a feel of how great this meet truly is. Well, it is time for me to depart. Until next year...

Kayleigh Boucher East Hartford, CT

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that's strength."

"A winner sweats when no one is looking. Finds strength and courage when all is lost. Pain is never in the mind but always in the body. The strongest muscle is the heart, it knows no rest for it is continually striving for its goal. A winner always comes back even when the score says differently, just to prove that he is a winner!"

Just remember that tough times never last, but tough people do. I know everyone out there has wonderful potential, it just may take time to shine through. So be patient, your time will come!