

Monday July 28<sup>th</sup>, 2003

First off, Lauren and Lissi came here on an airplane. Corey, on the other hand, came in the car. We came here to Y nationals all the way from Chicago. This is all of our first times here and we love Maryland! Except sometimes it gets a little too hot. The pool is really nice even though we are used to yard pools and we hope to get some of our best swims this week. We had to get to the pool at 7:30 to watch the start of the preliminaries. When we all checked in we got cool goodie bags with all kinds of swimming stuff in them. The atmosphere is very exciting and everyone is pumped up to swim. Our only older boy on the team, Chris Akiyama, is swimming the 50 breast and the 50 free today. We hope he does awesome!! Sandra Colina, Lauren Zillmer, Lissi LaSalle, and Heather Klein are all in the 200 medley relay today. That is the first event that we qualified for nationals in and we were so excited! We all remember that day very well. Lissi and Lauren have the 50 free today also. Corey is here for moral support and to take pictures. Without her and the rest of our team we couldn't have made it this far. Chris Bertana was a great help too. He is an awesome and really fun coach! We have always told him that he is the loudest and now that we are here in nationals he is still the loudest. We are excited to be here and we can't wait until tomorrow.

Lissi LaSalle, Corey Kasten, and Lauren Zillmer  
Leaning Tower YMCA Sharks  
Illinois