

Thursday July 31st, 2003

Today is the final day of nationals, we have made so many new memories and we have made so many new friends. We are going to spread the infection of nationals to our local YMCA teams so that they will try their best to achieve national times as we have. (oh and never go to the air and space museum instead of finals...its more boring then you can imagine). We did awesome in our relay today, we all got 29's, and we went under 2 minutes which made Corey really happy. Sandra did good in her 50 back too, she didn't get last! Yay! They have really good Italian ices here so we are going to get some now...next time we come here we have to visit the president too...but that's next time

~ Until then, the purple cows never moo in the rain! ~ Heather (we don't know what heather is talking about)

~EAT OUR WAKE! BAKE US A CAKE!!!!~HEATHER

~ Remember to make it hop, BOING, like a bunny!!! ~Lauren

~ High Five, Buddy!!~ Corey

~ It's not how good you are, it's how bad you want it... and I want it. ~ Lissi

~ Good, better best, never let it rest, until your good is better and you're better best! ~LTY National Team

~ Can I play with your lane line?? ~Lauren

~ I like mine with caps and goggles fast skin suits and lots of water! ~ LTY National teams girls

~ The only thing that taste good without high fructose corn syrup is water and Gatorade ~ Lissi

LOVE PEACE AND CHICKEN GREASE
THE LTY NATIONAL TEAM

P.S.- WE REALLY LOVE NATIONALS, AND WE CANT WAIT TIL 2004 SPRING NATIONALS!!!!

A sHoUt oUt 2:

~ cHrls bErTanA!~ without you we couldn't have made it this far! You made our dreams reality! We <3 YOU!

~ Ed sTrAnC~ without your guidance and knowledge with the technicalities of swimming our strokes would have never been strong enough to make it to nationals! We <3 you too!

~ Leaning Tower YMCA swim team and parents ~ Thank you so much for your support, without your hard work and sponsorship we would not be able to afford this trip on our own! Thank you!

Heather Klein, Lissi LaSalle, Lauren Zillmer, Corey Kasten, and Sandra Colina
Leaning Tower YMCA Sharks
Illinois