

Monday, July 28, 2003

Wow! We are already here again, at Y nationals. It feels like we just left spring nationals. This summer has flown by, and it is crazy that we are already at our championship meet. It feels odd to have y nats here seeing as though we personally have never had it anywhere other than Ft.Lauderdale. But we are ready to swim sooo fast!!!!!!

Today was the first day of competition, and some of our team members did very well. The man of the hour is one of our senior boys, John Scott. This morning he dropped four seconds in his 200 i.m., is seated first going into finals, is less than a second away from getting his senior national cut, and got the pool record!!! HOW EXCITING IS THAT?!?!?!?!?! We are all excited about seeing his race tonight. We also have two boys in the 50 breast, one in the 100 back, another in the 200 i.m., and one girl in the 200 i.m. Also this morning I (Elizabeth) dropped about ten seconds in my 400 free, so I was pretty stoked about that. It wasn't as fast as I had anticipated, but I was pleased. I mean, hey you can't get too upset with dropping that much time...so it's all good! I (Aimee) did pretty well in my 50 breast. I never swim that event and it's only my second time this season. I also swam the 200 I.M and dropped about 5 seconds I didn't do quite as well as I hoped but it was still good. I was also the breaststroke leg of our 200 Medley Relay, my split was very good and I was pleased with that! But tomorrow is my big day with my 200 Breast! Man I'm gonna kill that 200 Breast!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Tonight is opening ceremonies, and that's always good times...good times. Sadly enough, we are not in one of our famously, cute costumes, but we will still be looking just as good. So y'all watch out now. Anyway, we better go get ready for the ceremony, because we starting soon, good luck y'all! GO JOHN!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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