Today was an extremely exciting day for us, we both time trialed our 400 I.M. and got our cuts by over 3 seconds! You other 400 I.M.ers better watch out next year! This is also a good event for our team. John Scott, one of our two seniors, had a great swim in prelims and an <a href="awesome">awesome</a> swim in finals!! He finally broke 4 minutes, and got 6<sup>th</sup>. Go John! John is our team leader this year, he encourages everyone and has an extremely positive attitude. In his swimming career he has overcome many struggles, one of which was double pneumonia. But no matter what happens John always pushes through, he's the toughest kid we know! We will especially miss his leadership when he's gone! Our other senior is Matt Bellew a.k.a. "Big Country", who will be attending Indian River in the fall. Matt is quite the character, so much fun to have on the team! Matt is always happy and making us laugh, he's a leader in his own unique way. He takes away some of the pressure during strenuous practices, and can even make our coach laugh when he's irritated (which says a lot!) <a href="We'll miss you guys ssooooo much!!!">We'll miss you guys ssooooo much!!! Good luck!</a>

Tomorrow will probably be our biggest day. Everyone on our team is swimming an event and is capable of placing in the top 16. For me (Elizabeth) the 200 fly is my big event tomorrow, and am so stoked!! This is one of best events and I haven't swum this shaved/tapered since this meet last year...so I'm pretty excited! I (Aimee) have the 100 breast! I really love this event and am looking forward to swimming it! We're both not seated very high, but be checking the results to see our names in finals!!! We also have our only girls relay, we're expecting to do very well in this also. Two of us swam in this relay last year and we placed 14<sup>th</sup> (expect to see higher this year!). Well we have to go watch our 200-backstroker swim finals, go Ceyhan!!! Don't forget to look for us swimming tomorrow night...bye now!

Elizabeth Reynolds Aimee Hukill

Competitive Swim Alabama/Montgomery YMCA Barracudas