

4/17/03

Sadly enough today is the last day of the meet. This is a bittersweet feeling, bitter because, we've had SO much fun this season and this meet. Sweet because this meet has shown us how much our hard work has paid off and because we're ready for a little of a break from training. Like every other day we had an awesome day today. I (Aimee) swam the 100 breast and dropped 1 second. This is not as much of a drop as I hoped for but, I am so proud of my other swims this week that it's all good. I (Elizabeth) did pretty well in my 200 fly and dropped 2 seconds, but missed making top 16 by two seconds...but that's ok. In my mile on the other hand I did awesome!!! I time trialed it and dropped 30 seconds! I got my cut in my 1000 and the mile I also got our team record!!...so I'm very excited! Our other swimmers did well too. My brother, Ben Reynolds, also swam the mile...I guess it runs in the family. He dropped nine seconds. Our boys are seated first in the 400 medley relay...we'll see how it goes...LETS GO GUYS!!!

This is our third YMCA Nationals, and by far the best! This meet is definitely our favorite meet! My (Aimee) highlights of the week have been just having fun with my teammates and just plain swimming fast, but my favorite moment was when I made consols in my 200 breast on Tuesday!!! For me (Elizabeth), well it's such a hard thing to pick a favorite moment, but I would have to say doing so well in my mile! But I also had so much fun swimming the 500 and the 400 I.M., well I guess over all swimming so darn fast is my favorite moment!!!

I am sorry to say but this is goodbye till next year...hopefully they'll let us do this again! So bye Y'ALL, have a safe trip home and a great last night!

Elizabeth Reynolds

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Competitive Swim Alabama/Montgomery YMCA Barracudas