

It's the second day at Spring YMCA Nationals, and we're still having a blast. Between waking up to Coach Steve's never-ending humor and spending the afternoon darting squirt guns... we get in a little swimming. Awesome swims all around for the team- Jon's 20 second drop in the 1000, 2 female flyers under a minute, 2 new qualifiers for next year from time trials and much more. We are sure that we will keep up the tempo with two more days of competition to go.

It's nice to wake up to a breezy 80 degrees rather than frigid freezing weather. The cap tan are unbearable and banana boat has become close to our hearts. We only wish Laura had put more on before her 1000 free!

There have been 6, no wait... 7 national records broken so far this week. We can only imagine how many more will be shattered. The spirit and atmosphere are incredibly motivating. Even though we aren't swimming tonight, we wouldn't miss finals for the world. It's inspiring to be surrounded by over a thousand hard-working athletes.

Sincerely,
Upper Main Line Y Seniors
Kelly Landman and Jenny Mulligan