

Thursday, July 29, 2004

Last night my team went to Washington, D.C. We visited the Smithsonian Air and Space Museum, and the World War II memorial. It was beautiful, especially in the evening with the sunset. We rode the metro it's nice and easy because there is a stop in College Park.

This morning was my biggest event, the 200-meter backstroke. I told my coach, Clint, that I wanted to drop a second off my seedtime, and thanks to all his tough practices, I did. He came to our team two years ago, and our old coach had just retired. A lot of swimmer's left our team, because Clint hasn't coached in a while. But I think I made the right decision by sticking with the team, all of our swimmer's have continually dropped time, if they work and listen to him, and he keeps it fun.

So tonight I am coming back to finals in the backstroke. I made the final heat. It's my first time ever making this high. I placed fifth this morning, and hopefully I just come back tonight and improve my time. It will be even better since two other girls from our league made it too. I get to swim right beside Melissa King from Countryside YMCA, and Kasey Carpenter, from ME Lyons placed fourth. It's great that our league can really show our strength.

Tomorrow is the final day, and all I have is the 50-meter backstroke. It's still fun to just swim a 50 once and a while even though most coaches don't want their swimmers to. Only one lap of the big pool tomorrow and I will be finished!

Chatham Penrod  
Miami County Marlins Swim Team  
Ohio

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Well, this morning turned out to be a good morning for the Miami County Marlins. Sean swam a great 100 Free, he didn't drop any time but he stayed almost exactly right on his seedtime, only gaining a hundredth of a second. Chatham swam and awesome 200 Backstroke, and qualified 5th for tonight's finals, she dropped a second and a half but she still says there is a lot she can improve on so hopefully we will have a great swim tonight.

Even though I did not swim anything today it really feels as though I did because of how close together all of us on the team really is. Seeing all of my teammates and some of the swimmers in other teams that we know do really well, is really cool.

Tomorrow I am swimming the 100 Breast, I really feel like the 100 will be my best event. In practice we have really been working on mostly 100 and 200 events, so even though the 200 Breast isn't one of my stronger events I was really destined to do good in that event. Mentally right now the 100 is my favorite event that could change.

Tonight is hopefully going to be another awesome night of swimming, not only for the Miami County Marlins swim team, and everyone else. I hope tonight we will get to see some more National records go down. Until Tomorrow, catch you later.

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