

Friday, July 29th, 2004

Today was the last day of competition! We hoped we would make finals in our 200 free relay, but unfortunately things didn't work out. We all had solid swims, and very good times. Last night we took a break from coming to finals, and we watched movies as a team and we ate dinner together. Heather also decided to join the excitement, when she arrived in Maryland last night. She was part of the 200 free relay and she also swam 50 back. Nationals has gone by really fast, but all of it has been a blast! We are coming home with many memories to share with our team. We have also built relationships with other teams. A small downside to this trip is that Bruce (our mascot) needs to go to the vet and get stitches, but aside from that this has been an excellent trip. We would like to thank all our coaches for helping us achieve our goal of coming here and for all their support along the way

Coach Chris: Thanks for all your support even when our swims weren't the best to us. You were very understanding about our feelings. None of us could have survived all of our swims without hearing your whistling.

Coach Seth: Thank you for the fun you have shared with us this trip. You have been a very good sport even when we were singing in the car. We couldn't have gotten this far without your "spidey sense"

Coach Ed: This whole meet wouldn't have happened without you. We want to thank you for taking your time in supporting us and always giving us your wise words before our races. You are such a great person and we are so lucky to have you with us.

We'll see you next NATIONALS!!!!!!

Love,

Sarah and Lissi

Leaning Tower YMCA

Niles, Illinois