Hey Guys!

Its day 1, but the fun has just begun! the spirits among the swimmers are high and the tone has been set. everywhere you look there are smiles laughs and cheers. its great to see so many swimmers from so many states brought together to strive for one common goal. We woke up a little shakey this morning with the butterflies swimming in our stomachs, but by the time we stepped foot on the pool deck our minds were determined to succeed. At the completion of today's peliminary session, our team is off to a solid start. Jackie Davidson, a sixteen year old from Beverly, is preparing to swim in the consolation finals of the 50 meter free. We wish her the best of luck and know she will make our team proud. Caroline Belli of Marblehead, who is a newcomer to our team, has definitely made an impression on all of us. Being only 14, she is set to swim in the consolation finals in the 200 IM. Swim fast Caroline...(Sweet Caroline, ba ba ba, the times never seemed so good!) Next we have Tom Recco, who is also a rookie to the team. He has not only qualified for nationals, but is already an All-American in two events. He will be swimming the 100 meter back in finals tonight. Last but not least, the girls' 200 medley relay is ready to swim with the same energy but more excitement in finals tonight. As for the rest of our teammates, without their enthusiasm and additional swims we would not have had the same mind set as we do tonight. Let's go guys! well we are off to opening ceramonies where all the teams come to show their creative sides and the excitement that is going to be shown throughout the whole week. we also have three seniors leaving this year that are not only talented swimmers but great freinds! To them we say don't hold anything back and make this nationals one that you won't forget, we know we won't ....

Well we are signing off for today this is Sammy and Kristen. To the rest of the swimmers good luck and have fun!

Kristen Zarba and Samantha Gannon YMCA of the Northshore Massachusetts