

Kevin Albanese Devotional

Unlike a lot of the amazing athletes here this week for YMCA Nationals ...I have not worked hard at swimming my entire life. Quite the contrary... I just got into the whole club swimming thing this past summer ...as a matter of fact, I was so clueless that when I walked into my first long course meet I thought “was I the only swimmer that didn’t know that some pools were 50 meters long?” It was like seeing a small ocean in a building. But I quickly learned and now know that YMCA swimming has really changed my life for the best. I joined the Tri-Hampton YMCA swim team because my friends from high school swam there. They told me it was a lot of fun and that I would get better. I was a little skeptical at first because I just couldn’t see the fun in getting into a pool and working out at 5:00 in the morning before school started. Day In and Day out I tried my best to survive the intense practices and after a while I even got used to it. Then came YMCA Summer Nationals. It completely changed my outlook on the sport. Yes the meet was extremely fast and the swimmers were outstanding. But it was the relationships with my teammates that had the biggest impact on me. When our team left for Nationals we were teammates, when we came home we were best friends. And the best part is that my teammates are truly caring.... as I have found all YMCA swimmers to be. Now I am here at spring nationals and I hope to improve my times and be more competitive... but even more importantly.. now I am building lifelong friendships with our spring national team. Swimming has improved my work ethic and made me more disciplined and this will help me my entire life.

But here is a quote that sums up all of our swimming careers “The swimming competitions I won’t always remember. But the great friends I will never forget. I want to thank my mom & dad and all of the coaches at THY for going out of their way to make this a reality. One of the traditions my team has while praying is holding hands, so if we all could join hands and bow our heads now that would be great...

Dear heavenly father, we thank you gratefully for giving us the privilege to attend this meet here in the beautiful Ft. Lauderdale. Thank you for keeping us safe and healthy. We pray that you will keep an eye on us for the remainder of our stay. Thank you for everything you’ve blessed us with. AMEN

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