

Dear Journal,

Today we started our 2004 Short Course YMCA National Championship Meet! Today I swam the 500-yard freestyle and became the first alternate. Although I added 2 seconds and jumped up three places, I still had a great time. I had a great time because of all the support that my friends, family, and especially coaches gave me after my 500 free swim. I was upset because I had expected to make the consolation finals in the event and when I did not, everything seemed to go downhill. I decided about an hour later that I wasn't going to waste the rest of the swim meet on my first swim, and turned off my negative side and put all my negative energy into positive and got geared up for the next day. The other kids on my swim team swam well today. My friend Ruth Seiffert made the consolation finals for the women's 200-yard IM. Because of her making her time, I became excited because we now have a swimmer in the consolation finals! We went back to our condominiums and rested for the afternoon. Later that night we went to the Finals in our outfits and watched Ruth swim. She did awesome! I told myself that I wanted to swim in the finals or consolation finals this meet and then went to dinner with my team.

-Eric Dunn

Brandywine Delaware

4/5/04