

Day 4, Friday July 29, 2005

Through the long, challenging week Margot and I can say we have grown in many ways. We both have learned that nothing is handed to us in our life, looking at all the talented competition made us both realize that with hard work comes great success. Margot swam the 50 breast on the first day, and is now even more determined to come back next year with a faster time, plus many more cuts. I swam the 50, 100, and 200 breast, which in every event there was a surprise that came with that event. I have learned that to become even more successful at swimming, I need to have my whole heart, body, and mind in the sport. This meet helped Margot and I to look into our hearts and see the love we have towards the sport and those who dedicate themselves to it. We learned that our coaches are the ones who have helped us get to where we are in life, not just in swimming but in all other aspects of life too. We will also continue to respect all our teammates, and continue to be some of their biggest fans. Thank you to all our Schroeder teammates, and also a huge thank you to Dave and Matt, who have supported us through every bump in the road.

This has been a very exciting Nationals for our whole team. Our boys won the 800 and 400 free relays, and are seeded first tonight in the 200 free relay. We had many great individual swims that scored us lots of points, plus many people had personal bests. Also, our girls 200 free relay is seeded second tonight. Overall, Schroeder has had an amazing meet.

This has been our third year attending summer nationals. Each year we grow to love this meet more and more. It is an honor to swim with some of the best swimmers in the country. And we want to say good luck to you all over the next year and we hope to see you all next year.

Margot Luedke and Lauren Sweeney

Schroeder YMCA, Wisconsin