

Day 1, Tuesday July 26, 2005

Hello, this is Caitlin and I am from the Flushing YMCA in New York. This is my first national meet and I am enjoying every minute of it. From the first time we got in our van after swim practice I was so excited to do well. My friends and I were so excited for this meet for so many weeks. We were trying to cover every aspect that we could from costumes to what type of shirt we would wear. In the end it all worked out and we decided a great costume and a shirt is sure to motivate us all. Today was my first event in this meet and I swam the 400 free. I did all right but could have done a lot better. However my best event the 800 free is tomorrow and I am as psyched as I could ever be. With my teammates constantly cheering me on I feel that I can accomplish anything.

Hi, I'm Kirsten. I am also from the Flushing Flyers and I am excited to be here. I am mainly a butterfly but I also swim backstroke. Today was also my first event, the 100 back, and I did a best time. The meet is very crowded and has a lot of very fast swimmers, but this could cause a pretty hectic warm-up. With all the teams trying to squeeze into 8 lanes, it's hard not to get bumped and scratched a couple of times. My event was first and I am soon going to be swimming in the 200 medley relay. Maryland has been very nice. The weather is good and yesterday we went to see a movie. Our team is very psyched to be here and our excitement is mounting. We had one of our teammates make finals today, and we are hoping for many more finalists. Later on today is the Opening Ceremonies, officially starting the meet, and I am hoping to do very well tomorrow.

As far as the first day of the meet goes, we are enjoying ourselves immensely. Kirsten and I and all of our teammates are having so much fun together. Our coach is even joining in on the fun by bargaining with us that for every best time someone on our team does we are allowed 10 minutes in the sun. So far we are at 1 hour and 20 minutes!!! We are hoping that every day is as fun as today and we will keep you posted on the Nationals festivities.

Caitlin and Kirsten
Flushing Flyers
New York