

Wednesday, July 27, 2005

Hey, this is Kirsten. Today I swam the 100 fly. I didn't do so well but I plan on doing better tomorrow. Opening Ceremonies was fun. Our team dressed as construction workers, a simple costume. There were a lot of teams there, each with very creative costumes. One team dressed as Snow White and the Seven Dwarfs, and others dressed in togas. All in all it was a very exciting experience. Swimming wise, the meet is very competitive. There are so many fast people and you are really trying to do your best. But when you don't, it's ok. That's all part of the sport. You can't let it bring you down- just focus on your next race.

Hey it's Caitlin. Today I am going to swim the 800 free. I am a little nervous but also very excited to show everyone that I can do better than I did yesterday. We told you yesterday that our friend Bianca made finals in the 50 Breast. Well yesterday at finals she did a best time and moved up two spots. When accepting her award a girl thought it was her spot and stood on Bianca's stand. Well we could not have that so when they called her name as 6<sup>th</sup>, the girl stepped down and Bianca stepped up. Everyone was clapping and we took a lot of pictures. As Kirsten said, the costumes were great and the dancing and singing of the national anthem was very exciting.

So far, we have enjoyed this experience a lot. For some of our team, this is their first Nationals and they have enjoyed all of the festivities. Our team has swum exceptionally well as have many other people here at the meet. We are excited for tomorrow and we will keep you updated!

Kirsten and Caitlin  
Flushing Flyers  
New York