

Wednesday, July 27, 2005

Captain's log .. Coach Seth Orlove from the Leaning Tower YMCA Sharks in Niles, Il. reporting in. We have a little bit of down time, so I figured that I would be one of the first coaches to put a journal entry on-line to give you my perspective on the meet thus far.

Yesterday was a very busy day for the team!! Most of us were still trying to get our bodies adjusted to the time change. 6:00a warm-ups meant a 5:00a wake-up .. and, that's 4:00a Chicago-time. Day one brought forth A LOT of emotional swims. The nervousness and anxiety of being at a meet this caliber can get the best of you, if you are not mentally prepared to accept it's challenges. Our Sharks came ready to rock .. we came to race, and race we did!! We saw some exceptional swims from National Team newcomer Joseph Onyeali in the 50 Breaststroke and 50 Freestyle. Alex and Grant Uding and Kelsey Stranc stepped up to the plate for some personal bests in the 50 Free. Our relays were on fire .. again setting personal bests. But, the highlight of Monday's events were Andy Peterson and Corey Kasten – both missing a bid to the consolation round by hundredths. Andy in the 100 Backstroke and Corey in the 50 Breaststroke – both placing 17th.

Today was great!! We were 3 for 3 personal bests in the 200 Freestyle – Grant, Marc, and Andy hit PB's by more than 2 seconds. Our girl's relay, composed of Kelsey, Leah Artwick, Corey and Alex, bettered their performance from last summer's national meet by a second .. all posting personal bests.

Overall, things are going great. We are building up more momentum each day, and are looking forward to putting some points on the board for Leaning Tower. Hopefully, I'll have an opportunity to check back in. Good luck to all of our Sharks back in Niles, Il. who are getting ready for the Age Group Championships this weekend. You are in our thoughts .. GO SHARKS!!

Swimmingly,

Coach Seth Orlove
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