

April 5, 2005

A year of work is a lot of time to put in for one swim meet. Six days a week, often two times a day. Many hours are spent in the pool, add on to that the running, weights, and dry-land, then consider the amount of time and money spent by yourself and your parents, driving to swim meets, staying in hotels, eating out...

Swimming is devotion.

Disappointment on the first day of the meet is not welcome after all the effort.

Last year, I placed 14th in the 100-yard backstroke. This year, I will not be swimming in finals. After my race this morning, I felt like I had just wasted a year of my life, it is a low that few people are prone to experience. I felt like I had disappointed my team, parents, my closest friends, and myself.

These past few days, in general, have not been the best of my life. The day I arrived here in Florida, my shoulder started to hurt very badly. That was Thursday. On Friday, the pain was noticeably less, and on Saturday, it was totally gone.

On Saturday, being free of the pain in my shoulder, the greater powers at be decided it would be fun to make me sick. I woke up that morning with a sore throat and horrible congestion. Over the past three days, I have felt much better, but I am still yet to rid myself of all the congestion.

Unlucky as I might be, I do not blame shoulder pains, or my cold for my less than stunning swim today, because today, I also had good swims. I dropped time in my 50 free, and my team's 200-medley relay placed 17th. I realized after comforting words from my team that this meet is nowhere near being over. What I accomplished today, I am proud of, and I look forward to what I will accomplish in the coming days. It is my responsibility to everyone here to compete to my best ability. I look forward to my 200 and 100 free, and my team is planning on placing within the top eight in all other relays.

This morning, I received a refreshed perspective on the days to come, and it is my responsibility to push my self to my limits. Today, I did not fail to do so, and I will not fail in these next three days.

Because of this, I have not, and will not, disappoint anyone.

Watch out, Florida, here comes Sam Thompson from Spokane, Washington. I will make Spokane Area Swimming proud of my achievements to come.

And about that 100 back... I always have next year...