

Tuesday, April 5, 2005- Day 1 of the Competition

Three days ago, on Saturday, we had a flight going down to Ft. Lauderdale, Florida at 7:30 AM. WE had to be at the airport by 5:30 AM which meant that I had to get up at 4. The flight down was very bumpy and a lot of people almost threw up, but in the end nobody did, thank god! We had to stop in Tampa for, like ½ hour, and the weather there was beautiful. Then we got to Ft. Lauderdale, and, of course, it was overcast and it was raining on and off. Coach Glenn told us that we were allowed to go to the beach for an hour, but since it was really rainy so Larrissa and Steph Roop were the only ones that got changed into their suits and went into the ocean, which was pretty cold. When we got to the hotel, Mrs. Naylor told us that the Doubletree had been bought by Hilton Hotels, and the new hotel management had to change the Hotel logo so all that was left of the DOUBLTREE HOTEL sign was the HOTEL sign. It was pretty funny. That afternoon we had to go swim. Our Coaches had already warned us that we would probably feel terrible in the swim after a 5 hour flight, and they made us do a little threshold set to get the jet lag out of our system. That night we divided our team into groups and every group got a coach and then we went to eat dinner with our group. It was fun to watch other teams walk by looking for a place to eat!

On Sunday, we got a wake-up call at 8:30 AM, and considering that I had to wake up at 4 the night before, that was sleeping in for us. The weather completely changed overnight. It was sunny, hot, and there wasn't a cloud in sight!! After a quick swim over at the pool, we went to go register. The walk over to the hotel was about 20 min with the team, but only about 10-15 min jogging back as Naylor and I found out! After we got our little blue armbands, the bags and the 'goodies' that we get every year, and the tee-shirts and towels (for the people that wanted them), Coach Glenn told us that we were allowed to go to the beach for one hour, hence the jog Naylor and I did back to the hotel. The beach was awesome! Some people thought the water was too cold, and didn't go into the ocean, but I took the plunge and I didn't think that the water was too cold. The current was so strong though, that we walked up the beach for a while before we got into the water because we knew that we would drift over to where we were sitting in no time. For that one-hour we were able to forget why we came down to Florida. So thank you Glenn for letting us go to the beach!!

Monday we had our wake-up call at 7:30 one hour earlier than the day before. That day we didn't really do anything. After lunch, we were only allowed to a) watch the team viewing of "Miracle" or b) start shaving or clipping your hair or c) sleep or rest in the rooms. Claire and I chose to start shaving and not watch the movie, because we didn't want to go to bed too late the night before the first day of competition. Back in Pennsylvania I made the decision to use 'Nair' instead of shaving my arms and legs, because using the 'Nair' stuff makes your hair grow back slower. Well the outcome of that little experiment was not good. I started with my arms, and after about a minute my arms started burning real bad, so I took the stuff off. Today I woke up with the skin on my upper arms burned off. So don't use the 'Nair' stuff unless, a) you know that you're not allergic to it (and I did test it on my legs and my arms) or b) you have really thick arm and leg hair.

Tuesday. Day 1 of 4 days of Competition. The team is getting pretty excited and nervous about the meet this week. The extra two days before the competition instead of

after the competition messed people up quite a bit. 5 o'clock this morning, the wake-up call came for my two roommates, Julie and Kailey, who were both not swimming today. I got another hour of sleep until I got my wake-up call at 6 o'clock for the wake-up swim that the people that were swimming that day had to do. The swims that we had today definitively weren't at the level at which we trained at. The women's 200 Medley Relay (Lindsay, Steph Naylor, Steph Shupe, Sarah) was the only relay that qualified for finals that night, and we went into finals seated second!! Sarah was the only swimmer that made it in an individual event- the 50 free.

Opening Ceremony was awesome, as always. There were some very interesting costumes being worn. And just was so much fun almost walking around the pool once. That was one aspect of the meet that improved since last year. At last year's parade, some teams circled around the pool more than once yet UMLY only made it to the entrance of the pool- where we were told to stop. The girls relay ended up getting third, dropping another second from the time they swam that morning and breaking the UMLY record! Way to go girls! Sarah went into the 50 free being tied for 7<sup>th</sup> place and she had an amazing two laps of free! Good job Sarah!

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