

**April 4, 2006
Day One**

Hello Everyone,

My name is Sally Tabler and I swim for the Wilton YMCA Wahoos in Connecticut. This is my first Short Course Nationals and I am very excited. I made my 200 Fly cut two weeks ago. Of course it was last minute! It is a warm beautiful day in Fort Lauderdale, Florida at the 2006 YMCA Short Course Nationals! The stands are completely packed with swimming fanatics!

The announcer told the swimmers that the key words today are “sunscreen and fluids.” Since it is so hot down here it is very easy to become dehydrated and sunscreen is a necessity.

I had to wake up at 4:00am this morning to be a “seat saver.” A seat saver saves the seats for the team. We have 35 kids swimming at Nationals and all of them prefer to stay out of the sun. So the concept of a seat saver is to get the best seat possible under the shade. A coach takes a vanload of kids to the pool and then we camp out for a while until the key man comes to open the gates.

One of the many YMCA traditions at this meet is devotion in the morning. The Flushing Flyers today did the devotions. Devotions are a really nice way to relax. At the end of the devotion the leader says a prayer. It is great

Tonight at Finals we will start off by doing Opening Ceremonies. At opening ceremonies each state lines up and marches out. Tonight the theme is Disney. Check out the pictures online they will be cute.

**Have a great day,
Sally Tabler
Wilton YMCA Wahoos
Connecticut**