

**Friday April 7, 2006
Day Four**

Hey Everyone,

I cannot believe that it is the last day. It has been a long and exhausting haul, but as a rookie I have had a blast. Jeff Allen our head coach told the rookies before we left to become sponges. We were to soak up the experience as a whole. I have definitely soaked up all these amazing memories.

Last night at Finals the 200 Yard Backstroke was the event to watch. The two top competitors, Ashley Jones and Tricia Weiner were in the Top heat at finals. Tricia Weiner has the record but last year Ashley Jones took the title. But this year was different. During the last 25 Yards it was a three-way tie for first place, all three girls dove down to finish. Everyone thought it was Ashley Jones, but it was really Tricia Weiner who would take first place.

Today one of our senior's, Barbara Pennington did fabulous in her 100 Yard Breaststroke. She was seated 81st with a time of 1:08.72 and is now seated 14th with a time of 1:06.1. Fourteenth place puts Barbara in the Consolation heat at finals and earned herself a spot on the 400 Yard Medley Relay. It was a sight to see.

**Well I have had a lot of fun at my first Short Course YMCA Nationals and I am glad that I could share all of my highlights with all of you. Finals tonight will be cool because of closing ceremonies and all the celebrations. Farewell,
Sally Tabler**