

**Thursday April 6, 2006
Day Three**

Good morning,

It is day three of the Short Course 2006 YMCA Swimming Nationals. Last night was an outstanding night for a lot of teams. The YOTA men's 400 Yard Freestyle relay broke the Wilton YMCA Wahoo's record from 2005. One of our girls Marin Hawk came in 4th in the 200 Yard Freestyle; she was seated 8th going into finals.

Last night at Finals Donna De Verona gave awards to the men's 100 Yard Butterfly finalists. Her son J.D. Pinto from the Wilton YMCA Wahoo's placed 16th it was cute to watch the Mother-Son relationship. Olympian Dara Torres handed out awards to the 200 Medley Relay Finalists. It was neat to think all these Olympians are at this meet handed out awards and helping the swimmers feel the magic of swimming fast.

Well tomorrow is my event, I am nervous and thrilled to be competing at such a high level Meet. Today is a big day for my team so I must get out and cheer. Cheering is key to swimming. It gets the swimmers going and makes them want to swim fast!!

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