

**THURSDAY, APRIL 5, 2006**

**TODAY THE 400 IM, 200 BACK, AND THE 100 FREE ARE BEING SWUM. I (KATY) WILL SWIM THE 400 IM IN TIME TRIALS WHILE MAGGEE CHEERS FOR ME!! OUR TEAMMATE WILL SWIM THE 100 FREE AND THE 200 BACK, WHICH HE WILL PROBABLY MAKE IT TO FINALS IN AT LEAST ONE, IF NOT BOTH, OF HIS EVENTS. ANOTHER NATIONAL RECORD WAS BROKEN LAST NIGHT IN THE 1000 FREE, BY A GUY FROM YOTA. HE BROKE IT BY 6 SECONDS. WOW!!!!!!!!!! WE BELIEVE THAT THE MEET WILL GO A LITTLE FASTER TODAY SINCE THERE ARE SHORTER EVENTS.**

**YESTERDAY, OUR COACH LET US GO EAT LUNCH WHILE WE WERE WAITING TO SWIM. WHICH WAS PRETTY COOL. IT WAS GOOD TO GET OUT OF THE SUN FOR A WHILE. WE HAD TONS OF FAMOUS PEOPLE PRESENT AWARDS LAST NIGHT INCLUDING FORMER OLYMPIANS, FAMOUS COACHES, AND A SUPREME COURT JUSTICE. OUR TEAMMATE GOT HIS AUTOGRAPH!!!!☺ WE GOT SEVERAL CUPS OF FRESHLY SQUEEZED LEMONADE THAT WAS ABSOLUTELY FANTASTIC. THE DIVING CHAMPIONSHIP SEEMS TO BE GOING O.K., BUT WE HAVE NOT REALLY BEEN WATCHING. WE HAVE MET TONS OF NEW PEOPLE INCLUDING THE FORMER COACH OF OUR COACH. WE CAN TELL HOW THE PRESSURE HAS AFFECTED SOME OF THE SWIMMERS HERE BECAUSE A LOT DON'T GET A BEST TIME. BUT THROUGHOUT THE WEEK THE PRESSURE HAS SEEMED TO EASE OFF A LITTLE AS THE SWIMMERS GET ADJUSTED TO THE MEET. WISH US LUCK TODAY!!☺**

**KATY SORRELLS & MAGGEE ANDERSON**

**YMCA OF WESTERN NORTH CAROLINA**

**ASHEVILLE, NORTH CAROLINA**