

Friday Morning Devotions

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Good morning to all of our family, friends, coaches, and swimmers. As we begin our last day at the 2007 Long Course Championships, we can all reflect on what a great week it has been. Seeing familiar faces from previous meets and meeting those new to Y Nats are what makes these events so memorable. This being my last YMCA Nationals holds mixed emotions for me. As excited as I am to be embarking on new experiences in college, I am also sad about leaving behind my teammates and friends with whom I have shared so many memories over the past several years. For example, lately my teammate, Will, has been pondering whether Michael Phelps would stop to pick up Ian Crocker, if he was stranded on the highway.

Through good, bad, and stressful times, I could always count on my Y family to be there for me because of the core values instilled in all of us. I'd like to take a moment to especially thank my coaches, Ed Stranc (the meet director), Seth Orlove who taught me how to catch a polar bear, and Mary Beth McGinnis (Mufasa) for setting great examples of caring, honesty, respect and responsibility.

We all have fond memories of our first meets – from the small dual meets, to districts, state, and nationals. From these, we have thousands of stories to tell, tear shed, laughs shared, and victories won. I remember the first time our team won districts and I honestly think it was because of the silly top hats and star-shaped sunglasses we wore during the meet. Our coach told us all we needed to do was have fun – and we did. So make the most of this day, have fun, don't forget to laugh, and swim .