

Wednesday Morning Devotions

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Day to day, the roles of a YMCA coach are

- Creating hard, endless sets
- Running boot camp dryland
- Holding early morning practice
- Screaming out paces at practice

But it's so much more than that. Their roles go far beyond the pool. Along with creating two hours of a killer workout every night, our coaches strive to teach life lessons through swimming. Whether it is how to be a responsible teenager in the presence of younger athletes or teaching how to balance family, schoolwork, and swimming, our coaches give us advice and guidance. So we can reach our full potential. YMCA coaches emphasize the importance of the strength of the team as a whole. For example, our coaches have always made our goal at meets to be the best team on the deck. This, however, doesn't mean being the fastest team in the water. It simply means by coming together as a whole we can achieve more than we could as individuals. Our coaches have taught us to create a support system for our teammates by staying positive, cheering, and always looking out for each other. They stress the importance of feeding off each other's positive energy. The team aspect of swimming is unique to YMCA swimming, and that's what makes Y Nationals an amazing meet to participate in.

As we go off to college, the lessons that our YMCA coaches have taught us will forever be in our minds. We remember rule #8 as well as the fact that the team, not the individual, will be the ultimate champion.

So thank you, YMCA coaches, from all of your grateful athletes. Thank you for making this meet possible.