

Monday, July 28, 2003

Well today is the first day of SWIMMING!! I'm so excited to be back here again this year. Saturday we all drove down, Kaeley, Kelly, Laura and I were in the same van and Eric, Casey and Sarah were in another van. Chels came down yesterday and Dan is flying in today. The ride down was a blast, but it took forever! We only went 20 miles in 2 hours because there was so much traffic. We were almost across the Maryland border when BAM..Kaeley's instructions went out the window. Luckily she knew where she was going.

Yesterday we got up around 7 30ish and went to practice. Chels met us at there and we all registered so we are officially 2003 Y-NAT swimmers! WAHOO. Practice wasn't to hard, swimming wise. Trying to get into the pool and not getting run over was an entirely different story. But we went into Wilton's lane once they got out because they have such a big team and took up a whole lane. It was all down hill from there. After we swam, we went to the hotel for a while and relaxed. Then we went to see "Pirates of the Caribbean" Which was banging! Oh man, I recommend it to everyone, it was definitely worth my \$5!

And here we are today, at the pool. I am swimming the 2 IM, which I am really excited about because it is one of my favorite events. The pool is so beautiful. They have the long course pool and a warm up warm down pool, which has a system that allows us to listen to music under water. Pretty nifty! Well, as Nikki would say "TTFN" Tah Tah For Now!

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Like last year, I am going to end my journal entries with one or two motivational quotes...

"Be like a duck-keep calm and unruffled on the surface, but paddle like crazy underneath"

"Pressure is nothing more than the shadow of great opportunity" -Michael Johnson