

Hi Tommy I miss you so much!

I'm loving swimming in college so far! I feel really strong doing what I am doing. I have learned a lot of new things but still focus things that you have taught me as well. My head coach is actually a lot like you. He is really funny (and all my coaches are funny and silly) but also cares about the whole athlete and not just in the pool athlete! Recovery is a huge part of the process which I have realized more since I got here because we are expected to recover on our own because we don't have recovery practices. So I have gotten good a rolling out post practice, using theragun, stretching before practice, and refueling with protein and carbs after practice. It is so easy to be the best I can be because everything is supplied for me and so readily available, like healthy foods and recovery drink and our athletic trainer.

The only downside so far is that I am racing a lot of backstroke. I want to do more IM and I have sort of hinted that to my coaches, but I need to make myself more clear. But I do get to swim a lot of IM in practice, but it's like backstroke focused IM. I need to do more butterfly. I am in the 400 IM/ 500 free group though and I'm really glad about that!!! I hope I get to swim the 400 IM a lot, they just haven't really seen me do it yet because I really messed up my first 200 IM earlier in the season!!!! Lol!!!! I can't wait to bring back what I have learned to Tsunami. I am so glad I came from a coach like you because I am so prepared when it comes to what is expected of me here. The coaching philosophies are very similar when it comes to trusting the process.

School is hard!!!! So hard!!!! I never really had to study much in high school and just got good grades but now I study all the time and get bad grades. haha. Well not really bad grades but not good as grades that I got in high school. I'm doing pretty good at school though. I make sure that skipping class or not doing my homework is not an option. I'm in chemistry, psychology, and statistics and some other dumb classes. Chemistry is my hardest. Psychology is interesting and I like it. and Statistics is really boring and not applicable to anything in my life.

I really love the campus here and I feel so at home. I couldn't imagine being anywhere else. I really made the right decision. All the girls are so easy to be friends with and the upperclassmen are so helpful. I really enjoy just walking around campus sometimes and learning more places that I didn't know about. It is so pretty here! You should really bring the team up for a meet at our pool here, they are very fun.

I don't even get homesick because I have no time to think about anything! My parents have come up a lot but I miss all my tsunami peeps and other friends

and especially my doggy! Ashlyn, Cameron and I have a group chat that we send updates in.

Can't wait to see you over Thanksgiving! Miss you guys a lot!!!

Georgia Peach