

Hi Tom,

Miss you and the team so much! I hope all is going well. Just a quick life update. I am loving the first half of my sophomore year. I have different roommates than last year, and it is so much better. I am living with my 3 best friends, one being Claire. We all do practically everything together and it is really refreshing to live with good people. Swimming is going well, I am very exhausted, mentally and physically, especially since Clark decided to have me train in all the distance groups, so that is really kicking my butt. I am really hoping all this distance helps my 400 IM but also a bit scared it won't and will effect my events badly. But I feel the strongest I have ever in the water this year and been training super well. We have had two meets already this season and have one coming up is this weekend. Half of the team travels to Colorado for a quick day meet against CSU. I was super stressed about whether or not I was going to be picked to be on the travel team BUT luckily I was chosen! So far this season I've gone a 57.66 in the 100 fly, a 2:06.90 in the 200 fly, a 2:08.11 in the 200 IM, and a 4:33.40 in the 400 IM. I am fairly happy with my times thus far this season but think I can do better, especially since I was hurting in the last meet because of my back and groin. On good note, I think I have overcome my fear of the 200 fly after I finished it last meet (lol) and didn't feel too bad about it. School wise, I got accepted into the school of education so I am super thrilled to begin that chapter! Classes have been extremely hard but I am pushing through it.

Otherwise, there is not much new with me, just really happy being at KU and love my friends and teammates. Our midseason meet is in a month from today and I am super nervous about that but also excited to see where I am at! I really want to shoot for the US Open times so I can go in December and think I have a shot in the 200 IM or 200 fly. After my midseason meet is thanksgiving and I will be home... looking forward to training with you then! I think I covered a majority of what has been going on, nothing really new or interesting. Let me know if you have any questions or comments and I hope all is well :)!!! Miss my TST family!

All the Best,

Paige Riekhof