Dear Tsunami,

 I was only on the team for a short amount of time, but that time was very impactful on not only my swimming career, but who I was as a person. I started on Senior Development and moved my way up to Elite in a year. Thinking back, this introduced me to so many people who were different ages, experience levels, and who had different goals. I got to meet and get coached by multiple coaches, as well. All of this helped me feel welcome and included as a Tsunami swimmer even though I started my junior year of high school.

 Tsunami helped me grow who I am as a swimmer. I never had done club swim before this, so it was a whole new experience. I have never been pushed that hard with practices, meets, different events, commitment to the team, etc. But during the whole process, it was so fun and rewarding. I got to meet so many new friends, have team bonding activities, go to big meets, be on relays, laugh at practice, and so much more. I made so many memories. Also, I saw such an improvement on my times that each time I would race I would want to get better and better to make myself even more proud.

 I went through my photos in preparation for my graduation party and came across Sectionals 2019. This was my favorite memory while on the team. I had qualified in my 50 free during the high school season and I texted Tom to tell him. He was so excited and immediately said you are going to sectionals with us. At sectionals, we were there to swim fast, but the amount of fun we had was incredible. We were jumping rope with stretchy bands (meant for warming up exercises), large number of girls snuggling on one bed, Cameron Murphy choking me with the bands, extensive amount of help getting tech suits on, outrageous amounts of food eaten, and much more. We all got our best times in our events, so it showed me you can still have loads of fun and get your best times.

 Tsunami also shaped who I was as a person. Tom would always have his famous ‘Tom Talks’, but they were very needed and encouraging to us as swimmers. I learned about a positive mindset, the importance of nutrition and sleep as a swimmer, techniques used by famous swimmers that we would be using, the need for dedication to get better, significance of visualization, and so much more. I knew Tom and Tsunami in general wanted me to become a stronger and faster swimmer but growing as a person was involved in the whole process as well.

To the younger swimmers, enjoy the ongoing development of who you are and make your practices and meets something you will remember forever. You don’t get to be a member of a swim team forever, so go out and accomplish your dreams, meet new people, and don’t be afraid to push yourself. Joining Tsunami was one of the best decisions I have made in growing myself as a swimmer and person. Thanks for all of the memories and laughs.

Love,

Bridget Hoth