

Like what people say, college swimming is different from club swimming. Practices were more specific to me and my stroke, and we were split up into different groups for almost every practice. We didn't have dryland anymore and had lifts instead. Swim meets, even the small dual meets, were always really exciting and full of energy because you were now swimming for your team, like trying to beat the person next to you, and not just for self and your times. I was also spending a lot more time with my teammates since we were always practicing, eating and studying together. In college, you are now away from your family, so you and your friends become each other's support system. So it's good to find good friends who you enjoy to be around and who like the same things as you do because they are what keep you going when you have those bad days. I found a lot of my friends on the swim team, but I do think making friends outside of the team since it's good to have a change of scenery. Sometimes it might be a little much to always see the same people over and over again. There's a lot of things about college that is different, but honestly I would say it's pretty similar to high school and club swimming. I remember thinking at the beginning of the year that I would have so much free time now that I was in college. This was true, but, there is just so much to do in college that will keep you busy. It will feel like you want to do so many things, but you just don't have the time to do them. School will be harder and it will be a challenge, but that's just what makes college exciting! You will all be just fine because you will find your own way in navigating the whole college experience since everyone's different and has their own interests. College is when you're supposed to find the things that you like and don't like, things that you are good at and not good at, like I am still trying to find all those things--it's a process. It goes by a lot quicker than you think just like high school (even though it may not seem like it now), so enjoy it :)