**Saturday afternoon Zone devotion: March 22, 2014**

Dear God,

Another swim meet is scheduled for today.
I'm going to be quite busy so I won't have long to pray. Bless our families, friends and coaches and keep us close to you.
Let the friends we make today be loyal, good and true. Please help us to remember you each time we take the blocks...
We sometimes get distracted by the noise and all the clocks.

Let our starts and turns be quick, our arms and legs be sure, and help our strokes be smooth and strong to help us to endure.
Help us find the confidence we've struggled for so much,

so we can find the shortest way from start to final touch. And when the scoreboard writes our times across its face, please let us not think win or lose, but how we swam the race.

~Amen
THANK YOU SOPHIE!

**Sunday afternoon Zone devotion: March 23, 2014**

What does being in the zone mean? For us as swimmers a zone means getting a fast swim time. For the past few months all the talk at the pool is the word zone. Hey, do you have your zone time yet? What is the zone time for the 50 Fly? Good job, you got your zone! Many swimmers have worked really hard for the word zone. In fact, my coaches made me do a 50 free almost every meet until I finally got the zone.

I want to talk to you today about what it means to be in the true YMCA zone. I think this means having good character. Here are some things you could do today to be in the zone.

You could:

* Show kindness to a swimmer
* Be humble if you win a race
* You could go over to a swimmer if they had a bad race

and pat them on the back

* Give high fives to all swimmers
* Have good sportsmanship
* Use nice words with each other
* Encourage each other to do their best
* One good act of kindness today may encourage others to

follow your example.

For me, in the Bible it says, in Ephesians 4:32 I quote “Be kind and compassionate to one another. Forgiving each other just as Christ has forgiven you.”

Let us all be in the zone today!! THANK YOU ELI!