

2017 YMCA Short Course National Championship Devotion Offered by Emma Sampson



Good evening everyone, and welcome to the first night of YMCA Short Course Nationals. My name is Emma Sampson and I am a member of the Springfield Family YMCA of Ohio. I'm honored to have the opportunity to give the first devotion of the week.

As a senior, I have spent a lot of my time reflecting my journey through YMCA swimming and the core values it has instilled in me. Each of us have experienced the YMCA differently and have been impacted in unique ways. But I think something we can all agree on is that the YMCA brings opportunity...the opportunity to race, meet new people, become a leader, and most importantly grow. For myself, I have tried my

best to take every opportunity possible to grow within our foundation, which has allowed me to become invested into something more than myself. I know that many of you feel the same way. There are swimmers like myself on deck that swam their first meet through the Y and haven't stopped. There are coaches who have spent their lives as mentors through the YMCA. And there are many officials that have become YMCA legends through their years of service. Each of us have taken an opportunity and never looked back. The YMCA has set each of us up for success, now is the time to use what we have learned and continue to grow. Though many of you may not know it, you are leaders. YMCA nationals is the top tier competition for many of us, as a national swimmer you have the opportunity to impact people far beyond the pool deck here in Greensboro...I encourage each of you to take this opportunity and make the most of it. As you spend the rest of your week here in Greensboro, recognize your potential to make change rather than watch it through those around you. These opportunities may present themselves in many different ways, through your closest teammate or even your toughest competitor. Remember our core values. Care for those around you. Be honest with yourself and others. Take responsibility for your actions. And respect each and every person you meet, because undoubtably there will always be someone looking up to you.

Now please bow your heads in prayer. Lord we thank you for the abilities you have given us. Please give us the courage to take opportunities as they present themselves. Allow each of us to remember the things we do for love and to swim with pride and integrity. Let us grow as individuals, leaders and teammates. Amen.

Thank you YMCA family, good luck to everyone this week!