

Hailee Trotter and Ben Enderle, Powel Crosley, Jr. YMCA, Ohio



Hailee: In the swimming world, determination is everything. Races have been won and records have been broken with the determination to win, outweighing one's abilities. As our head coach, Mike Leonard, would say: "Each day you give it your all at practice, is like picking up a gold nugget off the ground, and by the end of the year, you'll get to cash all of the gold nuggets in for something absolutely amazing." Our team laughed when he gave this metaphor but in reality, it's very true.

You get better when you try your absolute hardest when you feel the absolute worst.

Ben: As athletes, we are taught not to just show up physically prepared, but mentally prepared to work hard. Therefore, control what you can control, and that is only yourself. You can't control what your competitors do, you can only control what you do and your determination to go all out.

Ben: There is nothing more exuberating to watch, than watching the impossible become possible. I have seen people all the way down in lane 8, win the gold. I've seen swimmers who have come to this meet seeded almost last, make the top heat. If you don't truly want it, you're not going to get it. Nothing is ever handed to you; you have to work for what you truly want.

Hailee: On another note, we all know one of the most frustrating moments is the moment when you finally finish to the wall, look up at the scoreboard and don't see a best time or the place you wanted, next to your name. Afterwards, most of us tend to ask ourselves what we could've done better or faster.

Hailee: So with that being said, I just want to remind everyone that even though a race may not have been the outcome you want and doesn't reflect the hard work you've put in every day, remember not every race will be your best race. Remember, a bad swim does not determine how the rest of your meet will go and definitely doesn't mean you are any less of a swimmer.

Hailee: So if you've had one of those races, beat the odds and bounce back. If you've had an outstanding meet so far, keep it up. If you've had many ups and downs, continue to keep fighting. Go out there and give it your best effort that you can. Dig deep and make the impossible become possible. We have worked too viscously every day not to go all out and make it happen here. Knowing we have have dedicated our lives to this sport, find your determination to win and make it happen tonight.

Hailee: Tonight, set yourself apart and commit to finishing strong at this final session at the 2018 YMCA Short Course Nationals.

Prayer:

Dear Lord,

Ben: Thank You for giving us another day in our lives to be the greatest athletes that we can be. Thank You for providing us with experiences, teaching us many lessons and building great bonds, through YMCA swimming. Please bring us calm and reassuring thoughts so we may perform tonight to the best of our abilities. Continue to strengthen us when we are weak and teach us humility when we achieve our goals.

In Your name we pray, Amen.