

Hello everyone,

My name is Shaw Satterfield and I swim for the YMCA of the Triangle Area. I have swum with YOTA for 7 years and have been swimming for a total of 13 years. Throughout my time as a swimmer I have learned many things. From learning to streamline to learning how to stay disciplined, one of the most important lessons I have learned is the importance of the people we surround ourselves with. When I was nine years old I was at a qualifier meet for age group championships. Just before my long course 100 freestyle I got stung by a bee. I dove into the water and gave it my best. I got out of the water and had made my cut but gotten disqualified for flinching on the block. I was so disappointed but all of my teammates and coaches rallied around me. the next day, I swam the first 100 of the 400 freestyle to get my cut again and all of my friends and older teammates gathered around me and cheered the whole time. I ended up dropping four seconds and getting the cut. Although at the time getting the cut was the most important thing to me, the thing I remember most from that experience is not getting my cut and it isn't about how that race felt at the time, but I remember how amazing it felt to see the wall of purple cheering for me. For the rest of this meet, don't think about the times you are going, don't think about how much pain you are in during your race. Remember your friends and the bonds you are making through ice baths and team cheers. Be the swimmer that supports your team, be the team that supports your swimmer and most of all, have fun. Let us pray

Dear Lord,

As we wrap up this meet today, we would like to thank you for the good times and the bad. We would like to thank you for the opportunity to meet new people and strengthen the bonds with the people we love. We ask that you watch over everyone as they finish up their swimming and travel home safely and bless us with kindness and happiness. Help us to be the best team mate we can be and to help those around us be who they were called to be. Allow us to use swimming as a training ground for building character and family. Amen