



STU's HIGH FIVE REPORT Thunder Bay Thunderbolts Swim Club

**Prairie Winter Invitational
Winnipeg, MB
December 3-5, 2009**

**After a great weekend in Winnipeg,
here are my HIGH FIVES for PWI**

Being aggressive can pay off.

The first High five goes to the entire group for their racing this weekend. It was great to see everyone trying to be out front on all of their races but more importantly finishing right to the wall when it mattered most.

Getting back up on the horse.

We had very few set back throughout the weekend but it was great to see everyone shrug them off and push to make the next race count.

Preparation proved to be everything.

We have gone out of our way to work very hard in preparation for this weekend. That work proved to be the a key factor in the success of the weekend. All of our athletes looked strong and ready to race. It was great to see that your hard work was worth it.

Team United.

We were loud and proud and supportive of each other and the results showed that everyone heard those cheers.

Best Times.

Performances are measured in time and as far as time goes this was the best performance that we have had as a team for a very long time.

This was a great TEAM performance made up of well-prepared individuals.

Congratulations everyone!!!