



## **STU's HIGH FIVE REPORT Thunder Bay Thunderbolts Swim Club**

**NOW Fall Invitational  
Kenora, ON  
November 13-15, 2009**

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### **FIRST TIMERS ROCK**

We start by recognizing the First Timers. A big High Five goes to Fiona Miklas, Alexa Grant and Scott Gosselin for their performances at their first competitive meet. All had strong swims and a ton of fun. Way to go!!!

### **YAY, YAY WE GOT SPIRIT**

Team Spirit was everywhere at the meet. It was nice to see athletes cheering for each other and loud team cheers after every warm-up. The Thunderbolts presence was certainly felt. A special High 5 to Carter Morash for his loud voice and support of his teammates.

### **LEADERSHIP COMES FROM THE TOP**

High 5's to the senior athletes at the meet for their leadership with the younger athletes. Organizing cheers, leading activation and staying until the last swim was done to cheer those in the water on truly sets the proper tone for those younger athletes.

### **A CLEAN SWEEP**

Congratulations to Liz Hurlen for her performance this past weekend. Showing true determination Liz was able to win all 9 of her events over the weekend. Congratulations Liz!!

### **PERSERVERENCE**

Sometimes things don't always go your way at meets. Overcoming adversity is often the true measure of a persons strength and determination. We did have a few slips here and there this weekend but I was impressed by every ones ability to turn things around and have strong performances. That type of character will go a long way in this sport.