



STU's HIGH FIVE REPORT

Thunder Bay Thunderbolts Swim Club

Great Wolf Halloween Invitational Swim Meet
Minneapolis, MN
October 23 – 25, 2009

Rookie's shine!

The first high five goes to Carter Morash and Olivia Petrick-Bradley for their great swims at their first meets. First meets can be intimidating things but these athletes handled the pressure and performed well. Way to go!!

Overcoming Circumstances

Illness was very present in Minneapolis but the athletes found a way to put that to the side and still perform. There is no such thing as a perfect scenario for racing. The measure of an athlete comes from how they perform under any circumstance.

Attention to Details

There was a big focus on race plans this past weekend. Athletes focusing on the elements of each race is something that we focus on everyday in workout. We took a good step forward in developing and getting comfortable with those plans.

Warm-up/Warmdown

These are huge elements of preparation and recovery for racing. The athletes did a great job dealing with crowded warm-ups and were very diligent in warming down after each race. Solid Performances Late October is a tough time of year to swim fast especially with the training that we have been doing. The overall performance of the team was impressive for this time of year.