

Terra Senior Speech

This team holds a special place in my heart. I have made so many different friendships that I still value today. Being on this team has taught me how to put in work, what being a teammate means, and most importantly teaching me to go out of my comfort zones. For the longest time, getting out of my comfort zone was something I didn't do. I didn't try to go past my limits because I was scared. Scared of new pain I would feel or not having enough energy to do another lap. With the help of my teammates and coaches, with their encouragement and positive attitude; I eventually had the mentality to push myself. Being on this team means so much more than just swimming with the same people each day, it's about bettering and challenging yourself and surrounding yourself with people who are going to support you along the way. Whether it be a new drill or a test set, pushing yourself goes such a long way; and that is one of my biggest takeaways from being on this team. Not only will you surprise yourself, but you will gain confidence within yourself and use that confidence in your races. I think that is such an important concept when taking part in this sport. It is key to be confident in your swimming abilities, and that is something I found on this team. It's hard not to be when you are surrounded with people who might even have the same goals so you are able to push each other to achieve them. I am so glad to be able to be on this team for the past 13 years. It was such an experience that I do not regret and I am glad I made the most out of it.

Sincerely,

Emily Wong