

Hey Neil,

I hope that the SEAY season is going very well. Tell everyone I say hello. I miss being with the SEAY family and team LOV3SAC.

My swim season has been going very well. I went 1:49.19 at our inter-squad meet in the 200, but have been stuck at 1:50 low since then. Our coach has been working on my stroke a lot and I can already see some results. I never used to go 1:50 in season. I haven't been swimming the 50 much, but should soon. My hundred has consistently been 50 low. I went 50.01 in Iowa, a little disappointing. I wish I could have squeezed a few more hundredths out of that swim.

It has been a lot of fun, but tons of hard, hard work. My morning dry-land practice is a killer. No med-balls, but tons of body holds, pushups and different kinds of jumps that just beat the crap out of you. I really feel my body core getting stronger though so it must be working.

I watched the sectional meet this weekend and was glad to get to see everyone and was glad to see how well all of the SEAY swimmers did. There were some awesome swims by some of the girls.

I run into Betsy [SEAY Coach Betsy] once in a while at the Klotsche. We always end up talking for a while. I miss everyone from the club. Tell Chloe and baby wizard that I say Hi. I'll try to stop into a practice over thanksgiving. Thanks for all of your great coaching over the past few years. I wouldn't be where I am today without you.

Sincerely,

Matt