

What has swimming in the NHSA has meant to me?

Swimming in the NHSA has been a transformative experience that has shaped me in ways I never expected. I was 8 years old when I started swimming, joining my brother on the swim team. In the early years, I was reserved and anxious at practice and swim meets, and needed a lot of encouragement to continue competing. As the years progressed, I became more confident and developed a love for the sport. The patience of my coaches and friendships with teammates allowed me to grow as a person and as a competitive swimmer.

An important part of swimming in New Hampshire has been learning self-discipline and perseverance. Between the rigorous practice schedules, setting new goals, and having fun with swimming has taught me how to stay focused and what to prioritize. There were times when I had to push through fatigue, injury and setbacks but reaching my goals by making championship meets showed me it's worth the hard work. My success with swimming has taught me I can apply this work ethic to all areas of my life.

Swimming with NHSA has also taught me the importance of teamwork. Even though swimming is seen as an individual sport, the NHSA community has shown me how the athletes success is supported by their teammates. The friendships and bonds I've made with my teammates and coaches have been a huge part of my growth. Being there for one another during practices and cheering for each other during meets has created a sense of belonging. These relationships have shown me what it means to have teamwork and be there for your team where the individual success from swimmers is passed along through the team.

The discipline I've gained from going to practice and giving my best effort every time has helped me improve in the classroom. The focus I bring in the pool has improved my concentration in the classroom. The skills I've learned through my swim training have motivated me to set goals for my future. I now tackle challenges in all areas of my life with a mindset of determination and integrity.

In addition to my personal growth, participating in the swim team has given me the opportunity to give back to the community. I have enjoyed being a role model and leader for younger swimmers, passing on the skills and lessons I have learned. Seeing their growth and success has reminded me of the importance of lifting others up and helping them reach their goals.

In conclusion, swimming with NHSA has been an incredibly positive experience, teaching me life lessons that I can use beyond the pool. It has helped my personal growth, my work ethic, and I have lifelong friendships with my teammates. The impact of this sport on my life will continue for years to come, and I am excited to continue bringing these lessons with me into the future as I begin swimming for a college team.