

Letter from a synchro friend
Submitted by Jenn Tregale

The following letter was emailed to me and my teammates right after Tier 6 Nationals in Toronto in June. The letter came from a teammate of mine from the days that I swam in Etobicoke. I thought it really summed up what synchro means to many people, and what it brings to people's lives.

After spending such a wonderful Saturday afternoon and evening together I felt I needed to express something to everyone.

*I've known some of you (scary but true) for over 30 years, and most of you for at least 25.... But who's counting. Although **sometimes** I look back on my years of swimming and wonder "what was I thinking", I would never say that I have any regrets about participating in the sport. The sport itself really gave a lot of wonderful life skills that come into play all the time. Confidence, working toward a goal, a forum to be competitive, recognition of achievement, the ability to work as a team, conflict resolution and so many more. However, there is one special thing which takes precedent over all the others, and it is the one thing that I know I would not have, had I not started swimming all those years ago. I would not have the pleasure of saying that you are all my **friends**. I really feel that our situation is very unique and something that should really be applauded and treasured. Do you think the young girls that were competing this past week realize that, **if they are really lucky**, the teammates they are with now may be the same friends they continue to carry with them 30 years from now?*

*So the purpose of this note is to say **THANK YOU**.*

Thank you for last Saturday, thank you for your continued friendship, thank you for being part of my life in the past and still counting me in as part of your lives today. Thank you for being the unique, crazy, neurotic, smart, funny, supportive, empowering, fantastic group of girls that you were, and women that you are. I really feel quite lucky, and blessed, and I know I wouldn't be the person I am now, if you all hadn't been a part of my life and learning while I was growing up

Love you all!