

MY 2006/2007 SWIM YEAR AT BOLLES

I am enjoying the boarding experience here at Bolles. All of the classes are challenging, however I get a lot of assistance from the excellent teaching staff here. As a boarder, all of my time is highly structured to ensure that I can excel as a student/athlete. The dorm "Moms" as they are called, ensure that I get up for practice, complete all of my homework assignments, monitor my class work progress and study! In addition, they ensure that we have time to enjoy ourselves. They schedule a variety of weekend and holiday activities that are a lot of fun.

Training with the Bolles Swim Team is not that difficult. It just requires a lot of focus, self discipline and dedication. When you go to swim practice, don't be thinking about the upcoming football game or other social events. You must be thinking about how this practice is helping to make you the best swimmer.

At Bolles, the coaches emphasize quality swimming and not quantity. They work hard to improve the technical aspects of **all** of the swim strokes and not just your best stroke and/or event. Each practice and each part of a set in practice is specifically designed for a reason. This is done to make you an all around athlete in the swim program here.

Being a member of the Bolles Swim Team has been very exciting. The team camaraderie is great. Every swimmer here is loyal and committed to the sport. No one misses practices. The school administrators and teachers give the swimmers and the other student/athletes tremendous support and I am looking forward to the future. Carifta and the other international swim meets are fast approaching and I want to do well to represent the Bahamas, Bolles and the Butler Family.