

To Lucy, Angie, Clara, & Mary,

We haven't met but my name is Cat Rogers. I swam for Seton and Coach Koehr from 2007-2012 and I loved every minute of it. You don't know it now, but being a part of a team like that and bonding over early mornings, difficult sets, the sore muscles, and races lost & won will be something you look back on often. It is a rare experience to spend so much quality time bonding and competing with friends, and I hope you cherish it. I loved swimming because it was an individual and a team sport - you get to push yourself and achieve your own PR's and still be on a relay and rely on your peers. It is such a special moment to win together and I remember making our record when we swam at Christiansburg - when it happens it's absolute magic. The feeling of knowing you nailed your takeoff, and the timing is perfect, the exhilaration and excitement are next level. Because you didn't do it by yourself, you did it by trusting your relay partners, and working hard, Together. So practice that - tell each other what your stroke count to the wall is, if you finish short or long, if you have a one step or two step takeoff from the block. Practice it, make it perfect. Then... just have FUN with it. I won more races in my career by focusing on how much I loved the excitement of that moment, and goofing off with my friends, hyping each other up. Coach Koehr told me years ago - luck doesn't just happen to people, luck is when hard work meets opportunity. Put in the work, you have the opportunity to change this record and to have fun doing it.

Good luck out there ladies, I'm cheering for you!

Cat Rogers