

MEGAN LEYDEN, Executive Swim Club

“What Swimming in the NHSA Has Meant to Me”

The sport of swimming has had such a strong impact on my life for eleven years now. Throughout my journey, I have learned who I am as an individual as well as valuable lessons that I have carried over to my everyday life.

A coach once told me that “a happy swimmer is a fast swimmer” and I have found that these words have truly resonated with me. The year that I worked with this coach, I learned a lot about myself. I developed a sense of confidence that had been missing in years past. After developing this confidence, when stepping onto the block, I felt different. I knew what I was capable of and just raced. I didn’t know it at the time, but this set me up for all future competitions. Suddenly, making Junior Nationals didn’t seem so unrealistic.

Swimming has taught me the importance of perseverance. The countless times that I have been just hundredths of a second off my goal has allowed me to learn how to make adjustments both inside and outside of the pool. I learned to ‘trust the process’ to get through the hard times and to know that hard work eventually does pay off. There is no better feeling than working hard for an entire season, touching the touchpad at a championship meet and looking up at the scoreboard to see that you reached the goal that you once thought was unobtainable.

Throughout my swimming career in New Hampshire, I have also met so many people that have caused me to smile and laugh every day. My team has become like a family to me and we encourage each other to become better versions of ourselves. Surrounding myself with positivity and happiness has allowed me to celebrate both the ups and downs of this sport.

My swim journey in New Hampshire has been so powerful that I am going to continue with my swim career in college. I am excited to take what I have learned throughout the years to my college swimming where I will set new goals to strive toward. I will meet new coaches and new teammates and because of the strong foundation built over the past eleven years in New Hampshire, I am looking forward to making new connections.