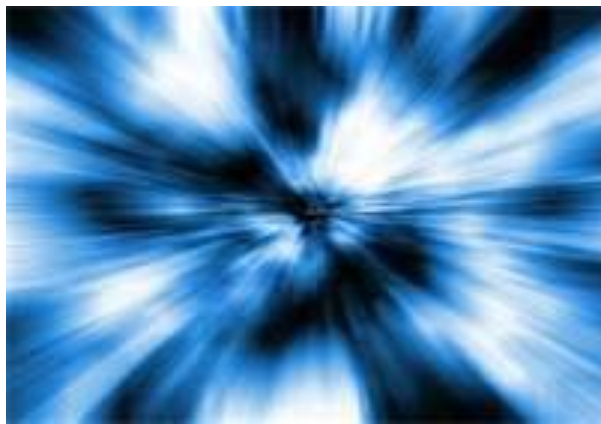


**It's not how far  
you swim in  
practice**



**and it's not  
how fast you  
swim in  
practice –**

**IT'S HOW  
FAR YOU  
SWIM FAST IN  
A MEET.**

