

Organizational Video  
Megan Henderson  
October 22, 2015

ENG PKG  
Time: 1:00

My day starts on this block, in a pool in rural Southwest Virginia. One lane tests my strength, my courage, and my limits. Some days, I'm training alone, finding my next challenge. Other days I have a whole team there to pat me on the back. I am unique, an individual, silly. Every day I work to perfect my start, my stroke, and I always train against the clock to be better, stronger, faster. I know I can work in my pool, around my rules. I am Emory & Henry Swimming.

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