

COLLEGE WEEK OF SWIMMING

Evaluation by Coach Jesse Moore for Danai Perganti

(August 18-25, 2024)

"Congratulations on a great week of training! I had so much fun getting to coach you and watch you connect with all of the other swimmers at the camp. You have fabulous energy, and you are a true talent.

Your feel for the water is terrific and I loved seeing how quickly you picked up on some of the skills that we played with during our training sessions.

Keep thinking about technique points in freestyle and backstroke that can minimize your shoulder pain. The better your technique the less your shoulder will hurt. All of that amazing energy when at a competition needs to be harnessed in a way where you continue to spread the joy for you and your teammates, while maintaining your ability to compete at a long meet.

Danai – I can't wait to see what you accomplish, and I hope to see you at College Week next year! Your future is very bright!"

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