

Name: **Francesca Antonopoulos**

Team/Club: Long Island Express

Hello, my name is Francesca Antonopoulos. I am 15 years old, and I am a current sophomore at Manhasset High School in Manhasset, New York. I would like to start off by saying that as Junior Rep, I will be willing to attend zones, as well as Metro meetings and conventions, including any other event I am expected to attend. This is my fifth year swimming for Long Island Express, and I have been training in the national group with my coach, Rob Ortof, since last year. Training for Rob has been a pleasure, and I am very thankful for his words of wisdom that my peers and I receive at every practice. We work very hard together as a team, and I enjoy seeing this hard work pay off for both myself and my teammates. As an individual, I am a very social person, very approachable. I know and am friends with several other Metro swimmers, and it is a joy being able to converse with them at meets. Along with this, I am intelligent, extremely organized, and very open to new ideas and suggestions. I have attended the zones meet in both summer 2015 in Richmond, and summer 2016 at Eisenhower. I also hope to attend the 2017 short course zones this winter. I would like to be the Junior Rep because it is an honor to represent Metro swimming, and I have watched my friends Matt and Emily do such a great job this past year, that I would love to have the same position. I can make several contributions to the position in that I will help with the overall organization of Metro swimming, as well as help resolve and change any problems with the LSC. Since Metro Swimming has done such a fantastic job over the years, the only improvement idea I can come up with would be some meet formats. Thank you for your consideration, I hope this application finds you well.