

http://diananyad.com/bridgets-story/

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Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2011

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Home » Blog » Bridget's Story

Bridget's Story

Posted by Xtreme Dream Team on Sep 14, 2011 in Blog | 1 comment



Archives

Select Month

Diana's Tweets



- Back in the water : <http://t.co/3vhOQQpl> about 1 hour ago from Twitter for iPhone
- @MattCNN get over here Matt! We are waiting for you! :) #XtremeDream about 1 hour ago from Twitter for iPhonein reply to MattCNN
- 12:20am Back in the water
<http://t.co/3vhOQQpl> about 1 hour ago from Twitter for iPhone
- New blog post:<http://t.co/oy4tabxe> about 1 hour ago from Twitter for iPhone
- Keep sending your encouragement, well have another update soon
#XtremeDream about 1 hour ago from Twitter for iPhone

Last week, we got a message from a young swimmer named Bridget:

Diana inspires me. She is 62 years old and can do anything she wants to do. She thinks if you

want something you have to work hard to get it. Next year I will swim my swim team Farmington Area Swim Team (FAST) and try to work as hard as Diana.

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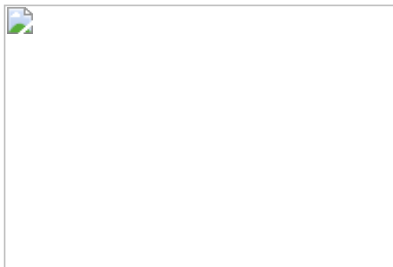
 Bridget proudly wears her 103 Shirt!

Here's Diana's reply:

Dear Bridget,

What an honor for me to see you in the 103 shirt! You look GREAT in it!!! You've got it all right, Bridget. Success is all about working hard. You just have to imagine yourself doing what you want to do. Picture it. Believe in it. That's when you'll know deep down what it's going to take to make that picture come true. Good luck to you and all the gang at FAST. Have a great school year...and swim year, too! We have a saying around here at Xtreme Dream camp. That saying is ONWARD! That means look ahead, dream big, live large. March onward, unafraid. ONWARD, Bridget, ONWARD!

Your Friend,



Diana Nyad

What are your dreams? Tell us about it!



Cassie

I love that Diana reaches all age groups!

September 15, 2011

Reply

Leave a Comment

Name

Mail (will not be published)

Website

Your message...

Submit

Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

Recent Posts

- 1220am Back in the Water
- Update 1130pm
- Receiving Medical Treatment
- Stung in the face
- After 24 Hours, Sunset

Recent Comments

- Bbaall on Stung in the face
- Rachel on 1220am Back in the Water
- mike on Receiving Medical Treatment
- julie on Update 1130pm
- Eileen on 1220am Back in the Water

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