

Metrowest Maccabi Swim had a great time at the Detroit Maccabi games. 14 year old's Katy Shepard and Rachel Keselman represented Metrowest at the 2014 JCC Maccabi games. This was the second Maccabi games for both swimmers as they attended the 2013 Maccabi games last summer in Austin, Texas. The girls walked away with 24 medals, 6 of them gold, 10 silver, and 8 bronze.

The girls came out strong on Day 1 winning a total of 7 medals, 4 gold, 2 silver, and 1 bronze. Rachel Keselman won gold in the 200 Breast (2:52.38), 100 Fly (1:16.27), and 200 Medley Relay (2:09.46). Metrowest's other swimmer Katy Shepard earned 4 medals on Day 1; Gold in 200 Medley Relay (2:09.46), Bronze in 50 Free (30.51), Silver in 100 Fly (1:18.91), and Silver in 500 Free (6:50.11).

The girls won 4 medals on Day 2; 1 Gold, 1 Silver, and 2 Bronze. Rachel Keselman won gold in the 50 Breast (37.60), and Silver in the 100 Back (1:12.28). Katy Shepard won Bronze in the 200 Free (2:23.90). After the swim competition had finished for the day, the girls spent some time at the JCC, having lunch and hanging out with their friends, the girls were picked up by their host family, for host family night.

After 2 days of competition and evening activities, the girls were still upbeat and ready for Day 3. The girls won 6 medals on this day! Rachel Keselman won Gold in the 100 Breast (1:19.34), Bronze in the 50 Back (2:37.07), and Silver in the 200 IM (2:31.97). Katy Shepard won Bronze in the 200 IM with a time of 2:49.85!

The girls went out with a bang on the final day of competition earning 7 medals! Katy Shepard won Silver in the 50 Fly (32.96), Bronze in the 200 Back (2:40.98), and Bronze in the 100 Free (1:04.62). Rachel Keselman won Silver in the 200 Back (2:37.07) and Bronze in the 50 Fly (33.49). Both Katy and Rachel swam together in the 400 Medley Relay winning the Silver Medal (4:49.48).

Not only did the girls leave the games with lots of hardware, but they left with friends from all over the world and memories that will last a lifetime.

The girls hope to return to the games next year, older, strong, and more experienced with the goal of winning even more medals!