# GENERAL SYNOPSIS (The Big Picture in 3-4 sentences):

# Mental health is affected through the transitioning process: age group - high school - college - Olympics - “real world.” Allison Schmitt talked a lot about how making comparisons always kills you and that sticking to your own plan is the best thing to do. Another big topic was how injuries can affect athletes attitudes and positivity. Overall, transitioning was talked about most. We need time to adjust to transitions rather than going in and expecting the same outcome as before. POSSIBLE MAIN POINTS OR TAKEAWAYS FOR…

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| LSC Board/Committee Members Social Media portrays athletes differently. Platforms do not tell or show the whole story.  Reach out to people.  Make everyone involved.  Comparison always kills you. You have to make your own plan and stick to it rather than following someone else’s plan who may have started at a different point. | Teams in Wisconsin Everyone should be involved.  Don’t be so quick to judge.  If you say no, it’s not a bad thing.  It is important to set goals, but happiness comes from pursuing the goal.  We need time to adjust to transitions rather than going in and expecting the same outcome as before. |
| Coaches Communication is key when coaching an athlete.  As a coach, don’t ask questions that could be responded with one word (good,bad).  How was practice vs. What did you focus on in practice today?  Don’t compare your swimmers to other swimmers.  Instead of trying to make the “different one” fit in, make everyone like that one person. | Officials Communication is key.  Don’t be so quick to judge. The athlete could have an injury that isn’t visibly noticeable. |
| Athletes Do not compare yourself to another swimmer.  Open your eyes and be judgement free.  Find little things to be excited about in and out of the pool.  You have to want to work better. Being told to get better is totally different.  Know that you are mentally ready to move forward, not just physically. | LSC Others Being able to go to someone that isn’t part of your every day to talk to is a great outlet.  Be happy, even behind the scenes  Reach out to people. |

ADDITIONAL NOTES OR INFORMATION CAN BE ADDED ON FOLLOWING PAGES