

First off I want to thank our LSC for allowing me the opportunity to go on the 2019 Leadership Summit in Colorado Springs. It may have been only 4 days but over those days I learned so much about how to be a better leader in the pool, classroom, and my community. The first huge takeaway for me, was the DISC activity. I am a D so I am very my way or the highway and no time for any nonsense. While doing this activity I learned that other people do not respond to this mentality the best and that by talking to them I can help way more than by showing. Another takeaway for me was the community service project. While picking up trash many people in the park thanked us for service. This along with being among friends, this made the experience very worthwhile. Finally, the friendships I made at the camp was the best part. 4 days was enough for us 120ish swimmers to make great memories from activities we did in our meetings and hanging out and eating at the Olympic Training Center; all of us really bonded.

Some activities I would like to bring back to our LSC are more swimmers and promotion of our own leadership summit. I would like to help with the summit and bring more involvement of coaches and swimmers than last year. Another great idea that some swimmers at the summit proposed was a day for our whole LSC to practice and play games together. This would help allow other swimmers to meet that would normally would not.

Once again, I want to thank you for this amazing opportunity you gave me. It is something I will be able to apply to my club team, high school team, and our LSC. It was truly a great life experience that I will remember forever.