

I had the privilege of attending the 2019 USA Swimming Leadership Summit at the Olympic Training Center at the end of April. I would like to thank USA Swimming and Iowa swimming for allowing me to partake in this amazing opportunity. Although this summit was short I was able to learn a lot and I hope to take what I learned from this summit and apply it to our LSC.

Thursday was spent welcoming all of the coaches and athletes from around the United States to the OTC, we spent the evening doing introductions and team bonding within your color groups. Friday was spent talking about leadership and how to become a strong leader within our community and our LSC. I believe that we need to get more people involved with our LSC. We need to be more inclusive welcoming people into our LSC. I feel that we need to get more athlete representation within our LSC. Saturday was another full day of giving back to the community. We learned how to be better peer leaders as well as servant leadership. Along with learning more about leadership we also had an amazing opportunity to give back to the community by traveling to America the Beautiful Park and cleaning up the trash. This was a small act but it went a long way.

From this workshop I have come back with ideas we could do to improve our ever growing LSC. As I have said earlier I would like to see more inclusivity within Iowa swimming and I have come back with a few ideas. We could host a group LSC practice, that way we can get the word out and encourage more swimmers to join. Along with inclusivity we should also give back to our community by doing a service project like cleaning up a park.