

O'Shay Birdinground

WZ Diversity Camp

07 July 2018

### Western Zone & Diversity Swim Camp

This is my overall experience at the Western Diversity Swim Camp I attended in June 2018. In my report I will go over the coaching and staff at the camp. Then I will be talking about the dorms and the building itself. Lastly, I will go over what I think the camp could have done better and what we can do in our state for our minority children.

So the camp was great and the coaches were phenomenal to the swimmers and with them we all had a good time. I don't know if any other coaches would be as equally fun and hard on us as those coaches. Bennett and I were surprised when we heard from Kristin that Coach Chris and Coach Maddie were gay. Bennett and I thought it was cool because we have never met anyone who was gay and coaching a swim team it was certainly an experience for us both. Overall the coaches filled us with self esteem, joy, and self discipline that we need to push ourselves the extra mile to grow in the sport of swimming and to become fit and become faster. Juan was great about explaining the "ladder" to the national swim camp and talking to us about how to get to those camps and that it isn't a ladder or we don't even have to take the ladder to become a member of the national swim team and even an Olympian and take our country to the Olympics with pride and wear the USA swimming cap with the American flag and give it everything you got for your country and to get a gold so that the other countries know we still got some of the best swimmers on the planet with the best swimming corporation on the earth. I think we had fun when the nutrition talk came and we had to take a drink from our water bottles

and she told us what to eat and what not to eat and then we absolutely blew it by eating alfredo with pasta which she said not to do but we thought it was funny.

Secondly when we got off the plane and Maddie picked us up and we made our way towards the university we saw downtown and the harbor with navy ships and a yacht. We got to the dorms and we looked at the building and it looked like modern on the outside so we thought the dorms were going to be nice and the inside was nice then we got to the rooms themselves meet our roommate and the beds were not what we expected but it'll do for the time because we were just there for like three nights which wasn't too bad. And the showers were small but we all got used to it and the condiments were great like the tri swim was so great I bought some when I got home it works great to get the chlorine out of the skin and keep it from drying and cracking. But push all those things aside I think staying in the dorms was great the experience was great and the staff were excellent, kind, and were great when we first showed up to get our room keys to figure out who we will be rooming with for the camp.

And Thirdly I think that the camp could have given the camp swimmers a choice between a jammer or a brief because some people don't like how briefs feel or how they fit on the body. That is all I think the camp could have done better. Lastly I think that our state could go to the communities that have more minorities than the majority of the population like Hardin, Crow Agency, Ashland, or anywhere that has a pool with a minority population above 50%. We should have maybe a coach or two who went to the diversity camp to pass on our experience and practice set to the people that want to succeed in swimming. Maybe we could take a couple of "big" kids who are a minority and take a group picture and spread it as encouragement for minorities. And go out and meet with coaches from around the state that have majority minority group and see if they need to do more and just supervise for like a practice and then move on to

the next swim team that needs help with swimmers. We can provide comfort and reassurance to swimmers that think that they are getting bullied due to their ethnicity and to encourage them to stay with it and those things will get better in the long run and if they stay with it they could be like one of the big names in swimming when they grow older. I would like to coach minorities because I could teach them a thing or two or perfect a stroke and/or work one on one with a stroke that they need help with. In conclusion this camp was a fun experience and I hope I have the chance to return to the camp to learn more and absorb all the information I can.