

Dear Pacific Northwest Swimming Board,

A few weeks ago, I had the opportunity to attend the She LEADS Summit program in Colorado Springs due to the sponsorship of PNS. I feel the program was well worth the money put into sponsoring the two ambassadors from PNS and conducting the program. I would highly recommend this program to any high school girl interested in becoming a better team leader and team mediator. Over the course of the program, I had the opportunity to personally become acquainted with the facilitators of the program: Dr. Roberta Kraus (sports psychologist) and Cathy Wright-Eger (Purdue Athletic Department). Both of these individuals had fantastic teachings skills, expansive knowledge of fields associated with both athletics and leadership psychology, and enlightening insight into problem solving and de-stressing. The program also included a presentation by "One Love" and insight from Leah Smith about leadership and college swimming. I thoroughly enjoyed the experience and feel as if I will be a better leader on my team by applying the skills that I learned during the program.

The other ambassador from PNS and I arrived at Colorado Springs Airport early Friday afternoon and were immediately met by a staff member from the Olympic Training center who drove us and a few other conference attendees to the la Foret venue. Upon arriving at the venue, we were taken to our cabins and then were provided with box lunches and other items necessary (notebooks, pens, water bottle, etc.) for the program in the main lecture hall, where most of the conference was held. Once all of the attendees had arrived, the facilitators conducted a formal introduction for all of us and then presented with an interactive introductory lecture about leadership skills and strategies for dealing with conflicts that may arise between people that could lead to an incohesive team. The first day of the conference was an example of how the rest of the conference progressed. In that, it was extremely accommodating and well-planned.

The facilitators also did an excellent job creating a safe environment for everyone to share and I feel, similar to the other girls that attended the conference, as if I came out a stronger leader and overall personality. We completed unique, interactive, team activities that brought the whole of the group closer and allowed ourselves to express ourselves in ways we will be able to apply to the rest of our lives. I fully recommend PNS swimming to continue sponsoring young female leaders to attend this program in hopes that they will have as good of an experience as I have.

Thank you for giving me this fantastic opportunity to better myself as a leader,

Camden Martin