

I am grateful for the opportunity to serve as a chaperone for the Iowa LSC athletes at the 2025 Central Zone Athlete Leadership Summit in Cleveland, OH. Over the four-day event, chaperones participated in focused group sessions designed to enhance leadership and support strategies.

Friday: DEI and Safe Sport Foundations

- Began with Diversity, Equity, and Inclusion (DEI) discussions, covering best practices to foster diverse and welcoming team cultures.
- Explored Safe Sport 2.0 protocols, emphasizing athlete safety, safeguarding policies, and creating a respectful environment.

Saturday: Meet Timing & Shark Tank Preparation

1. Morning
 - Volunteered to time the Central Zone's friendly meet-style training session, ensuring accurate athlete performance tracking.
2. Afternoon
 - Attended workshops on mentoring athletes' "Shark Tank" innovation projects—tools and techniques to support concept development.
3. Evening
 - Collaborated one-on-one with Iowa athletes to refine their Shark Tank proposals, focusing on practicability and presentation skills.

Sunday: Project Presentations & Feedback

- Observed multiple teams present their Shark Tank initiatives.
- Provided constructive feedback on project clarity, feasibility, and alignment with LSC goals, fostering peer-to-peer learning and improvement.

Through these sessions, chaperones gained valuable insights into leadership, athlete support, and program innovation. I look forward to applying these learnings to benefit our Iowa LSC community in the upcoming season.

The IA LCS team has begun developing a proposed structure for the expanded summit, an initiative originating from their shark tank project. I will continue to provide support to the team to ensure the successful execution of this event.

Thanks,

Nisha Raghwani