

Thursday (6/19)

- Keynote Speaker
- DEI & Safe Sport 2.0 Session

On the first day of this packed summit I learned just how important it is to build a positive relationship around swimming, and how much good leadership truly impacts this sport. The keynote and DEI/Safe Sport sessions gave me insight on the responsibility we carry as athlete leaders to shape safe and inclusive environments for current and future swimmers.

Friday (6/20)

- Swim Practice
- Leadership Styles with Annie Kramer
- Project Communication with Hadley Wartner
- Finding Your Voice with Zach Toothman
- Going Digital: Voice Online

Friday improved my confidence with lots of leadership training, from analyzing our personal leadership styles to finding out how we can use our unique voices to contribute to USA swimming. The digital leadership session stood out—our presence online matters, and we can use it to advocate and connect beyond the pool.

Saturday (6/21)

- Swim Meet
- Professional Development with Annie Kramer
- Perfecting the Pitch and Committee Functionality with Athlete Leadership
- LSC Project Prep Time

Saturday was all about performing —between racing at the swim meet and refining our leadership skills to the point of being able to put them in action, I strengthened how I show up as an athlete leader. Committee training sharpened my ability to communicate clearly and collaborate effectively, getting into groups and practicing a board meeting was extremely helpful for me to see that I do have a voice at the table. Planning time gave us time to shape our LSC project into a finalized two-day Athlete Leadership Summit; giving us space to expand sessions and deepen both in-water and out-of-water learning.

Sunday (6/22)

- Survival Guide & Succession Planning
- Shark Tank: Pitching Projects
- Closing Remarks

Sunday wrapped everything together by learning about what I can do after the summit, and how we can share our actionable ideas within our LSC's. The Shark Tank project pitches sharpened my communication and strategic thinking. It showed me that athlete-led initiatives can in fact drive real change in an LSC when supported and structured properly.

This summit showed me the power of athlete leadership when it's supported with structure, purpose, and voice. I connected with athletes from across the Central Zone, learned how to lead with confidence, and saw that the best leaders empower others. For our Iowa LSC, I plan to bring home our Shark Tank pitch: a two-day athlete summit that features the best of what we learned—team-building, DEI education, athlete leadership workshops, and in-water sessions. We'll build stronger inter-team relationships and create lasting impact by giving athletes the platform and tools to lead statewide.