

Thank you for the opportunity to represent our LSC at the 2025 Central Zone Athlete Leadership Summit. Over the course of the four impactful days, I participated in a range of workshops, discussions, and planning sessions that helped me grow as both an athlete and a leader. Below is a summary of key sessions and what I took away from each experience.

Thursday, June 19:

Keynote Address | DEI & Safe Sport 2.0

The summit opened with powerful sessions on leadership and responsibility. The keynote speaker and DEI/Safe Sport 2.0 workshops really helped me understand how athlete leaders can shape positive, safe, and inclusive team environments. These ideas set the tone for the rest of the summit and emphasized the impact of intentional leadership.

Friday, June 20:

Swim Practice | Leadership Styles | Project Communication | Finding Your Voice | Digital Leadership

Friday was full of hands-on leadership training. We explored our individual leadership styles, learned effective communication strategies, and reflected on how we can use our voices to create change. The session on digital leadership really stood out—it made me think differently about how we show up online and how athlete leaders can use social platforms in a meaningful, professional way.

Saturday, June 21:

Swim Meet | Professional Development | Committee Simulation | LSC Project Planning

Saturday focused on performance, both in and out of the pool. I gained confidence participating in a mock board meeting, where we practiced real-world governance and group communication. Later, we worked on developing our LSC projects. Our group's idea—a two-day Athlete Leadership Summit for Iowa—came together during this time.

Sunday, June 22:

Survival Guide | Shark Tank Project Pitches | Closing Remarks

On the final day, we talked about sustainability and long-term leadership. I pitched our project in a Shark Tank-style format, which helped sharpen my public speaking and strategic thinking. It was encouraging to see how much potential these athlete-led ideas have to make real change

within an LSC. Our decided project was a multi-day athlete summit, which we hope to develop and bring to our LSC for 2026.

Next Steps:

Our group's project proposal is a two-day Athlete Leadership Summit for Iowa that combines in-water training with workshops on DEI, Safe Sport, athlete voice, and leadership. The goal is to create stronger connections across teams and provide athletes with tools to lead both in and out of the water.

I'm excited to bring these ideas back to our LSC and help bring this project to life. Thank you again for supporting my involvement in this summit—it was an incredible learning experience.

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