

AUDREY USA-S REPORT

Day 1: My first day, wednesday was just traveling to Denver. We got to the hotel at night and went to bed early to be ready for the weekend.

Day 2: today was full of safe sport meetings, with guest speakers. My favorite was Jessica Kirby who told us the importance of mental health in athletics. We got to meet some people from north texas which was really cool. Brady and Olivia arrived later that day. We had an athlete social that night with a scavenger hunt. This helped us meet athletes from each zone. We sat with Louisiana reps for the meals and it was cool to meet them.

Day 3: Today I went to a mix of safe sport and athlete meetings. I enjoyed getting to hear from safe sport chairs from around the country, and hearing what they do to promote safe sport. I got to meet a lot of really interesting people and hear a lot of cool stories. The athlete meetings were super good as well. My favorite was the DEI meeting as the speaker involved the athletes a lot. We started the day with yoga.

Day 4: We got to swim this morning. It was really interesting to swim at altitude, something I have never done. It also snowed. Today I had a few less meetings but we had a legislative review session which was interesting. We met more athlete reps as well. Today I also came up with the idea for a safe sport webinar with help from Brady. We also went out to dinner with Louisiana swimmers and coaches, I had already known one of the girls because we had met on a recruiting visit. We had a snowball fight, and we also did an instagram takeover. We ended the night with another athlete and after that I went to the hot tub with some friends I had met throughout the weekend.

Day 5: We flew home mid day this day and had quite the adventure through the airport.