



## Brady Hale Denver Report April 20-23, 2023

April 20 - I arrived in Denver, Colorado a little past noon. There was just the Workshop social and the Athlete Social and Awards Ceremony. Maine Swimming was awarded honorable mention for Breakout LSC of the year. We received the award for a few reasons. First because of the Eastern Zone Leadership retreat and even though we have low numbers we do a very good job at engaging with our athletes. We also have done an excellent job with our Instagram (Audrey Cohen), we are very active on it and make sure to highlight our athletes in and out of the pool.

April 21 - I started off the day with an hour of yoga, It was a great way to start the day. Then I went to the Eastern Zone meeting. Where I gave a little presentation on the Eastern Zone Leadership retreat and answered any questions about the event. I found that even though all the athlete reps. had the information on the event there were a lot of general chairs and office staff who did not have the information. So I made sure to share it with them all.

Then I went to the Athlete Welcome and DEI 101. Noah Wilson and Leland Brown III lead that conversation. It was very impactful and I learned a lot. They broke DEI down into Diversity, Equity, and inclusion and talked about each one of those separately. I talked with both of them afterwards and they are very excited to come to Maine and talk at the Eastern Zone Leadership Retreat.

April 22 - This morning we started off with a swim at Cherry Creek High school, Brenden Hansen was the coach. After that was the Legislative Review session. I will admit this session was confusing and I did not understand everything but it was still very informative. During this session Audrey and I started planning a Safe Sport event that we want to do in Maine.

After that was the Professional Development for Athletes. This session was all about how to present yourself in front of a crowd and how to earn respect. Lauren Hurt led this and she talked about how you need to “fake it until you make it”. It can be scary to talk in front of a crowd and with a microphone but sometimes you just have to pretend you aren't scared. She talked about standing up and not talking too fast. We did some exercises to practice.

We then had the Athlete Project and goal setting session. During this session we learned how to actively plan events and plan them well. This is where the Eastern Zone Leadership retreat was planned last year by Ali Bragg and Ethan Shultz. This year I planned a Safe Sport webinar that Audrey Coehn and I want to put on in Maine. More information on that is coming soon.

We then ended the day with an Athlete Social. This was super fun to get to know all the athletes there. We did activities that allowed us to get to know each other. Like “perfect match” where you had to find the person that matched you the best. We had to get in order of our birthdays but the key is we couldn't talk. It was really fun to get to know each other.

April 23 - Sunday was the last day of the workshop. It was very relaxed, Mary Ellen, Audrey, and I talked a lot about Maine Swimming and thoughts on the event. Brenden Hansen and I showed Mary Ellen our secret handshake but it was so fast she couldn't see it(I think she's jealous). Audrey and I then left for the airport and got back to Portland, Maine at 9:42pm. We were able to see the Northern Lights before our descent into PWM.

I just want to thank Maine Swimming for allowing me to go to this event and paying for this event. It was an experience that I could not have gotten anywhere else. I met so many amazing athletes and adults. If you saw the Maine Swimming instagram you know that we had a ton of fun and even had a snowball fight. I can confidently say that I got way more confident at this event. I was able to walk up to Brenden Hansen and just talk to him. I talked a lot with Nate Chessey, Noah Wilson, and Leland Brown III. I talked with so many people over the course of these four days I can't even keep track.

The only negative I have– which isn't about the workshop– is that many athletes that were there, were there for a vacation in denver. They did not participate in certain activities or weren't trying in some. On the first day an athlete rep came up to me and asked me “So do you actually do anything?” I replied “yes”. It is unfortunate that some athlete reps don't take their role seriously. Which gives me even more reason for me to take my job seriously and do it well.

Respectfully Submitted,  
Brady Hale