

OLIVIA TIGHE USAS WORKSHOP REPORT

It was a privilege to attend the USA swimming workshop this past April. Through this experience I was able to connect with fellow athletes from around the country and reconnect with many who I had worked with in the past. I also attended numerous presentations, including one about mental health on the coaches track. It was very interesting and gave me a new perspective. In addition to the presentations I also attended a meeting for the national committee I am a member of. The club development group was able to meet in person and come up with a plan for our web-series and for the upcoming year. I am very thankful for the opportunity to have attended the workshop and look forward to continuing to be an active member of the USA swimming organization.