

Dear MTS and MTS Athletes,

This past weekend (June 16-19) I had the opportunity to attend the USAS Diversity and Inclusion Camp in Salt Lake City. This year the camp was open to 9th and 10th graders from the Western Zone who applied to and were selected by their LSC. Not only did I learn new things ranging from nutrition to goals, but I also made new friends who I am excited to see again at higher level meets.

We had five pool practices over the three days. I was not expecting the sets to be as hard as they were, but I did like the challenge and maybe the best part was the the huge amounts of food Audrey (the camp coordinator) would always have for us afterwards. Besides the pool time we had other fun "dry" activities and things to do. The last night they took us to a woodsy area, built a fire and supplied us with 'smores fixin's. The girls from Alaska and I had to teach everyone else the "proper" technique for making the essential athlete treat.

All five of the coaches were very fun to be around and all gave good advice about something like a stroke or where to go during 'The Purge'. To sum everything up I am very glad I had the opportunity to attend this camp and feel like it has benefited me in more ways than just swimming. Thanks to Montana Swimming for sending me and I encourage MTS athletes to apply for this camp in the future.

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KATS