

## **Athlete's Committee Report SNS Board of Directors Meeting 3/15/17**

As athlete representatives Tim and I had the opportunity to attend the Leadership camp that Sierra Nevada Swimming hosted. The camp had guest speakers Jordan Mahallati, Rebecca Landre, and Megan Hylton as well as Coach Ricky Silva from SASO and Coach Eddie Maximo from EGAC. It provided information on the qualities of a leader, managing competition anxiety, and different types of goals.

To begin, being a leader is more than taking charge and having people being inspired by your actions. While these are excellent things to do, they do not define a leader. In order for someone to be truly seen as a leader they first must be able to envision, enlist, embody, empower, evaluate, and encourage. Otherwise known as the 6E's of leadership. When you envision you want to know what to work towards to, not just for yourself, but for the whole group. Do not get stuck on the past, learn from today, so you can make tomorrow better. In order to enlist, first you want to bring people together, second listen to their ideas, and finally make the dream become reality. To embody is to become a role model and portray what the team believes in whether it is always having a positive attitude or giving it a 100% at practice. Empowering is giving the people what they need to better themselves, in other words providing useful tips for your teammates. While evaluating is giving immediate feedback to others on if we are being excellent and ethical towards each other. To finish off, encouragement is to inspire, and motivate others by passion and example.

Competition anxiety also known as stress makes it difficult for swimmers to swim at their best. Some symptoms that come along with stress are jitters, fidgeting, tense stomach, etc. While we swimmers might think stress is a bad thing, it is really not. Having stress makes our heart rate increase, therefore making us ready to swim fast. Although if your anxiety goes past a certain point your performance will decrease, that is why we should know how to control our anxiety and take advantage of it. To manage stress, there are a few exercises to do such as taking deep breaths, positive thinking, and controlling your mind. Once you are able to master these, it will just not help you with swimming but also with school work, tests, or a project to finish by a certain deadline.

A goal is something that we try to achieve, but there are different types, such as short term, long term, process, and performance. Short term goals in swimming, otherwise known as in season goals, are the times that we want to accomplish this year. However, long term goals are over a span of 2 or more years. On the other hand, process goals are stepping stones on how to achieve your big goal. For example they could be times you want to hit in practice in order for you to reach that insane goal. While performance goals are specific things you want to improve on such as your stroke, turns, breakouts, and dives.

Things that we took away from the camp were the practices of a leader, managing your stress to use it as an advantage, and goal setting.