

Nzelle Ayokosok

Western Zone DEI Camp 2024

What I learned at camp is what it means to be the best and to be accepted. I was taught the fundamentals of what it takes to be the greatest. Whether that's doing a little extra every practice, doing what others aren't willing to do or taking a break when you know you need it. The coaches and speakers we had truly instilled that the people we watch didn't just get that gift, they worked for it. And we should do the same. Not just for ourselves but our community. Which leads to my next thing, being accepted. Although swimming might be an individual sport, it is important to have a community. Those around you are very important as to who you become. Because from what I learned you are the canvas, and those you surround yourself with are the artists. We were told to bring inclusivity and make sure that everyone is welcome no matter where we are and that is absolutely something I will bring back to my team. This experience has completely influenced me in ways I cannot begin to explain, and I will try my hardest to bring this effect to the people that surround me.