

National Diversity Select Camp Experience

Attending this camp was indeed one of the most influential experiences I've experienced in my swimming career. It gave me opportunities to do things that I thought I would never experience during my career. I got to talk to the illustrious staff who had so much knowledge about the sport and their own personal philosophies. These individual tips came all together and helped me overall with not only swimming but life skills in general. Swimming with all these new and fast people that were also attending the camp gave me a different outlook on how to attack each practice and motivated me to go harder.

Another experience that I will cherish forever is Maritza Correia taking the time and giving us her story. She came such a long way to where she ended up and her facing so many roadblocks but still pushing forward really inspired me. Her perseverance and willingness to never give up ultimately won her an Olympic medal. On the topic of perseverance, Regina Lewis gave one of the most influential talks that I have ever been granted the opportunity to listen to. Her story about going back to school and having to keep at it while raising a son on her own was truly inspiring to me and really has inspired me that anything can be done with enough self-motivation and hard work.

Finally, making all these new friends and meeting all these new people was phenomenal. All the people that I got a chance to meet and talk to, we're all really great people and hearing all of their individual stories about where they come from was very eye-opening. I met some people who I will never forget and who I can truly call friends. Without this camp, none of this would have been possible. I give a huge thank you to my Zeus family and teammates, My family who pushes me every day, and to all the coaches, speakers, and members of USA swimming who made this whole camp possible. I truly recommend signing up for this camp because if you are selected, it will be one of the best experiences you will have.

-Kristopher Flores