



Hi! My name is Anna Cho and I am currently a sophomore at Niskayuna High School. I've been on the Girls Varsity Swim & Dive team since eighth grade. I have been swimming with the Albany Starfish Swim Club for 8 years now. Throughout my years of swimming, I have gained so many good memories and valuable lessons. I would be honored to be an Adirondack Representative and be able to give back to the swimming community.

While swimming is an individual sport, it also fosters teamwork. Through a support system of coaches, teammates, and friends, swimming is transformed into a team sport. Every success is important as it is driven by the collective support and effort of a group. Joining the varsity team in eighth grade, I was welcomed to the team by older swimmers and I felt right at home. The upperclassmen swimmers helped everyone feel comfortable and supported. I hope to give that same support, teamwork, and sense of belonging to other swimmers. Through swimming, I have learned how to become a better teammate and to have good sportsmanship. I hope to be a good role model for others to look up to. As an Adirondack Representative, I would work to make the pool an enjoyable space for everyone to feel welcome.

Swimming creates so many new bonds and friendships, whether it's practicing with teammates and friends, talking to someone behind the blocks before your race, or even high-fiving the person next to you after your race. The friendships you make in swimming can last a lifetime. I strive to be kind and friendly to everyone on the pool deck. I love going to swim meets and meeting new people. The close and tight-knit swimming community encourages long-lasting friendships, even with people from different teams. As an Adirondack Representative, I would work to include opinions of people from all teams. I would try my best to make changes that would benefit all athletes.

If I am elected to be an Adirondack Representative, I would work to relay other swimmer's ideas, suggestions, and questions to the board to make sure everyone has a voice. I would advocate for athletes of all ages and from all teams. I am confident and I believe this quality would help me speak up and push for the right changes. I am friendly and approachable, which I think would help me have a good connection with the board, and allow athletes' opinions to be heard. As an Adirondack Representative, I would ensure that everyone feels supported and like they belong. Thank you for your time and consideration!