

Video 2.1 During my time on the national team it became really evident that my skills, my talent and my hard work were really not important, and especially were not as important as what I looked like or how much my coach liked me. Similar to what Ally was saying, there's a lot of favoritism that's involved. There was an extraordinary pressure on my weight to the point where spots on the team were determined based on how much you weighed on the scale. There was one summer that my teammate and I were competing for a spot on my team and our only criteria was who could lose more weight from that summer. For context we're both 5'8" and when this competition started we were about 130 pounds each and basically within the summer we each lost 15 pounds, and it was really that point where my physical and mental health significantly deteriorated. I knew at that time that the environment that I was in wasn't good for me, it wasn't healthy, and I didn't think it was right that at the highest level professionally, preparing to compete at the Olympics I had never felt worse about myself, and my mental health was at an all-time low. But I stayed in the sport because I had a dream and I would do anything to achieve it.