

## SAVANA TRUEB | UCLA DIVING & @p

Hey guys things are probably looking a little different Um this time I am in a studio I just kinda wanted to give some background so you guys can like know a little bit about me When I started basically high level competition I was 10 and I went to Colorado I moved to Colorado with my family and we decided to go to Ariel's gymnastics and I tried out with my sister and um they ended up taking me and not my sister which was really sad And the reason they took me and not my sister was they said I was cuter which you can also like already see how that can be a little of a red flag But anyway I started my competitive gymnastics when I was 10 and when I first started I loved it and I excelled in it and it was really fun Um but once I got up in the levels it kind of took away the fun part with the coaches And I actually remember one competition I went to which is Westerns which if you're in gymnastics you know what Westerns is it's level nine nationals And when I was at Westerns I remember I was playing in the pool with Sunny Lee and I don't specifically remember this but my mom brings it up sometimes just to make a point But she was talking to her dad and they were kind of like comparing our practices and what each of us do And uh my mom was like so my daughter she practices 32 hours a week Like what does your daughter practice And he said she practices 18 hours a week which is crazy because it just shows that you know you can be good at your sport and not have to like kill yourself and go through you know traumatizing things Um anyway I continued gymnastics So I was 15 and when I was 15 I was a level 10 going elite Um I was getting a lot of college offers which they don't allow that anymore just because 15 year olds should not be making a decision on what college they go to at that age That's crazy Like you're still like learning to do so many things just going to school Um so I ended up quitting gymnastics Um just because there was like a lot of toxicity in the gymnastics place which I know a lot of people can relate to and not even in gymnastics you know just in sports in general there's always gonna be some toxic coaches and you know some people get stuck with them and some don't Um but I remember after quitting I went to public school and you know being in a gym you basically for five years being very limited to the outside world Um I was very socially awkward and I didn't have any social skills Um And so going into you know high school um I really didn't know how to like talk to people which uh kind of was a problem and it really affected like a lot of you know what I did in high school But during that time I started

that's when I started diving my freshman year of high school And um I remember um it was really fun I really liked it Um But you know coming from like online school in a gym where like coaches you know kind of praised you for being cute and like younger than you were it was such a huge adjustment going to high school and you know trying to like adapt to you know what your age should really be acting like And I'm saying this because it relates to what I'm about to say with when I was getting scouted for colleges Um I went to for different colleges for recruitment trips And again you know I was a homeschooled girl in the beginning of this I remember one of the schools um for diving uh one of the schools called me one day and I was really excited to get the call And then when I picked up they were like by the way like you know the girls are kind of worried about you they think you're bulimic And I was like oh my goodness Like why Like that's so weird I didn't know why they thought that and then he kind of explained a little bit about how you know like there'd be times where I disappear And um then like thinking back to those that trip like I did I went to the bathroom a lot and I'd be playing like you know like bike race on my phone because I was like really tired and just had to get away from people And so yeah like the the social awkwardness definitely contributed to what college I ended up going to Um so I ended up going to Miss Zoo for diving and I was there for two years Um I loved it besides being in the State of Missouri and uh I won S ECs my sophomore year which was a really big high and that just kind of gave me the confidence to transfer and go somewhere that I actually wanted to go to school just because you know on my recruitment trips I was just so young didn't know what I wanted to do you know kind of messed up my opportunities Um Just with like who I was I don't think I was like the most likable person at that age which a lot of my friends told me they're like they're really weird back then which I know Um anyway so then I ended up transferring to Rutgers and Rutgers is kind of hard to talk about It was definitely a roller coaster of what happened and what what went on there Um but it kind of you know took me back to the gymnastics days Um and so I got out of there and now I'm at UCL A and I love UCL A and obviously there's so much opportunity here I think the reason a lot of people uh struggle with sports especially at an age where you're 1415 1617 before you're going to college And you know a lot of people don't make it to college And I think one of the big reasons is the mental toughness and when you're young like especially me having a DH D and you know all these feelings like it's really hard to you know affect that And even college athletes you know

we study mindfulness we practice mindfulness just so when we go to these competitions you know we're mentally stronger than other people Like college sports isn't just about you know the physical side of it It's so mental and when you're young like especially when I was young and in gymnastics um I remember there'd be days you know there'd be days you can go in to practice and you could do everything flawlessly and there'd be days that you couldn't And I think a lot of times for a coach you know that confuses the coach Like why is one day you're consistent and why is another day you're just off track And I think it causes a lot of frustration from the coaches but I think there's so many different ways coaches can deal with that frustration then you know being toxic and negative Um when I was in gymnastics I had a couple toxic coaches like that And thankfully you know at UCL A this is one of the first experiences I've had with a coach that really is so like beneficial for me and sometimes it shocks me you know like I'll have a practice where I know I didn't you know do my best in a sense that I gave 100% But you know some days you know you're not 100% there mentally or 100% there physically So when you give 100% it could be like 80% of your best but it's still your best And I think a lot of athletes like struggle with that and I know I struggle with that but having you know having a coach who I go up to at the end of practice where I'm just like you know like really frustrated at myself and without him being like no like good job like I'm proud of you you did good today Like without sometimes that encouragement from your coach you know you'll go home in the entire day you'll just be you know feeling down and just upset and not like yourself You know I think every college I've been to has been a stepping stone and that's why you know when people are like well did you wish you went to UCL A your four your whole four years I'm like yeah but I don't think I was ready to go to UCL A when I was a freshman or a sophomore or a junior or even a senior Like I think I had to go through all of those obstacles to get to a place where I would do well at UCL A and you know really cherish and understand like the positive team that I have now just like a healthy environment and I'm really happy Uh It makes me really happy So thanks for watching