

My daughter is almost 15-year-old and is a swimmer at our local YMCA. She has swum with this same team for the last 3 years. My daughter is a beautiful swimmer and a leader on her team. Her teammates met her as a boy and have watch her, swam with her, and supported her as she has transitioned. My daughter's biology has not proven to give her any advantage over other girls. In fact, she is not the fastest girl on the time by any stretch. She is athletic, enjoys swimming and most importantly enjoys and benefits from being on a team. Her team, specifically, has shown her love and support. Her younger teammates look up to her. Her peers enjoy her company. Her teammates, parents, or YMCA staff have expressed no concerns about her status as a trans athlete. In fact, the majority of her team has gone out of their way to show support and love for my daughter's willingness to be true to herself and her bravery for being honest about who she is in our current world.

In my personal experience as a mother, no one has an issue with my daughter's participation in sports on her team locally, at the YMCA regionally, or through USA swim nationally. USA swim has been clear they have done the research and have clear rules and regulations to govern swimming so that it is fair. Elite swimmers have a protocol to follow for testing of hormones, which is based in science. Local, State, and National legislation that limits trans girls' participation in sports is not based in science. It is based in ignorance and fear. Additionally, it is unnecessary given that local governing bodies for most sports can handle regulating sports themselves without state or national interference. If you are in support of this bill, please, reach out to a trans athlete, read the research, contact the governing bodies for high school, college, and professional sports to get accurate and real time information about how these sports are already regulating themselves. Additionally, as a psychologist I cannot overstate the positive impact sports participation can have on the mental health of all athletes. For my daughter, having a team who loves her, supports her, and enjoys competing with her has been lifesaving during her transition. Her teammates adore her and support her in and out of the pool and they benefit from my daughter's kind, helpful, and compassionate friendship. If her teammates, their parents, and the governing bodies of her sport are okay with her swimming, why do you, the State Legislature, feel you have a duty prohibit my daughter from participating? I respectfully request that you oppose House Bill 6 due to it being unnecessary and potentially harmful to trans children such as my daughter.