

Aaron Szambecki and Suicide Prevention

Aaron Szambecki, class of 1996, was Old Dominion's team captain, Honorable Mention All-American, and team race skipper. His hard work and dedication to becoming a better team racer and teammate was enviable.

ODU's home regatta, the Aaron Szambecki Team Race not only memorializes ODU Team Captain from 1996 and avid team racer, but it also provides the opportunity to raise awareness for suicide prevention. Aaron took his life shortly after his college sailing career ended. In 2017, ODU Freshman Gray Kiger was also a casualty of depression. The incidence of suicide is sadly too numerous and continues to increase. Fortunately, universities are putting much more attention and resources towards mental wellness.

In team racing we learn the value and need for support from a team mate and friend. On the team race course and in life, team mates and friends are there to get you out of the 6.

With awareness, suicide is preventable. All campuses have resources available to help students in need. Learn more at one of these websites:

www.afsp.org

[The Jed Foundation](#)

www.suicideispreventable.org

www.suicidepreventionlifeline.org

National hotline call or text 988