



*As a young swimmer, I swam with Morristown Country Club and Pilot Aquatic Club. The many friends, coaches, laughs and memories as a child are cherished memories of mine. Swimming continued to bring me joy as I taught swim lessons and went on to compete for Davidson College, where I had success in the backstroke and IM at the conference level.*

*While swimming with Pilot Aquatic Club, which was ranked in the top 25 teams of the nation, I made the Southeastern Zones team and in 2001 competed in the 200 back placing 6th then in the 100 back placing 7th in the Southern US Region.*

*When in high school, I made the finals each year in backstroke and IM.*

*Swimming for Davidson College, the women's team took 2nd place overall at the Colonial Athletic Association (end of season championship meet) the year I swam with them the 400 IM relay took third overall, and I finished 10th in the 100 back and 9th in the 200 back.*

*After school, I started coaching for a strong summer league program, Jefferson City Swim Club in Tennessee, then eventually I became their head coach before moving on to Fort Hood, TX with my husband, Daniel, who serves in the ARMY. Jefferson City Swim Club summer league team won the league the year I was head coach.*

*While we are here at Fort Hood, Daniel and I attend Temple Bible Church and we enjoy swimming, running, hiking, working with 3d ACR, and our pet turtle, Torpulas.*

*I believe that the sport of swimming is a great discipline for age group swimmers because it provides a strong foundation for life and they can still have a really fun time! While working toward and accomplishing concrete goals, swimmers can develop discipline and feel the satisfaction of honest hard work paying off. Now as a coach with the Fort Hood Dolphins, I am glad to have opportunities to give back to the sport of swimming which gave so much to me.*