



I started swimming on my community swim team the Sugarland Run Dolphins, at 8 years old. I *wasn't very good at butterfly, and didn't like* backstroke very much. If I was anywhere, I was at the pool. I picked up the strokes pretty well, but I wanted to be fast. So, by the age of ten, I was swimming on my first year round team Ashburn Village Swim Team, known as Blue Waves. I swam there until I was 15 which really showed during the summer season; I was most valuable player (swimmer) for three years, also qualifying and placing top 6 in the 15-18 age groups. At the same time I started cheerleading on the Lower Loudoun

Football League parallel to the year round swim season.

In middle school, I was a cheerleader in the fall and played basketball in the winter, while swimming year round. In basketball, I played power point guard for three years with my third year my team was league champions. Although I loved basketball, I *wasn't satisfied. So in 9th grade* I kept swimming and unfortunately tore my rotator cuff swimming butterfly, which put me out of swimming and in to therapy for 18 months. Freshman year I stayed on the swim team but I was a diver. I went to regionals that year and finished 8<sup>th</sup> overall. For the rest of my high school career I was a varsity cheerleader and swimmer, captain of both teams my junior senior years. I was also on the SCA board as well as the president of the Spanish club. After my therapy I swam part time with YORK and then moved to Team Gold where I met the best coach I ever had. I was able to get my strength and speed back finishing my senior season placing in states in fly and breast and also swimming in the junior nationals.

I started coaching with my summer team the Dolphins as an Asst coach. In 2000 I graduated from high school and coached part time during the summer. In 2003 I started coaching with a US Swimming, Snow Swimming as an age group coach. Working my way up the ladder of experience, I was a head coach for three years at Briar Woods High School Swim Team. Each year I had more swimmers make it to state and place top 5 in there events. In 2006 I had four swimmers go to Junior Olympics for the first time.

I am close to finishing my BS in Health, Fitness, and Recreation. I also have certifications in American Red Cross *Association. I've* also volunteered on the rescue Squad for two years. I am a new army wife and have been married to my high school sweetheart for three years. He has worked on customizing cars for many years and has now found a passion for helicopters. He is in the 3<sup>rd</sup> ACR and I have volunteered for the FRG for the 4<sup>th</sup> Squadron.