



*I began swimming competitively when I was six years old. I won a myriad of swimming titles throughout my swimming career, including many years as the WV state champ. As a teenager, I also swam and placed in Junior National competitions. I swam for Sun Aquatics (now HYCAT) in Charleston, WV.*

*In junior high, I joined the tennis team and in high school, the volleyball team. In tennis, I placed fifth in States my senior year in high school. I continued all three sports in college and received a sports scholarship. After graduation, I was hired to coach the swim team, and enjoyed teaching others techniques that made me successful. Other sport stuff: in 2002 and 2003 I trained for triathlons with the "Iron Maidens" Leavenworth team, and coached swimming for them.*

*I am married to Brynt Parmeter, USMA Diving champ, who I love to face off with in any sport (except diving). My two children, Ashby – 10 and Will – 8, began swimming for the Fort Hood Dolphins in October. After years overseas without access to a swim program, I am happy they finally have that opportunity.*

*I hold a BS in Fashion Design from Marymount College and a MS in Human Resources from CMU. I also studied at the London College of Fashion and F.I.T.*

*I have volunteered countless hours for various Army units and organizations and continue to volunteer as an advisor for 6-9 CAV.*