

DAWN MUSSELMAN INSPIRATIONAL SWIMMER 2017

The Pacific Northwest Association Local Masters Swimming Committee
proudly presents the

2017 Dawn Musselman Inspirational Swimmer Award to

Zena Courtney

Zena, your teammate Pat Duggan sums it up pretty well: There's no mistaking you walking onto the pool deck – that megawatt smile, that boundless energy, that unforgettable laugh. You're a force of nature with many lifetime accolades: Stanford Swim Team Captain, pro-triathlete, Masters champion. But as fierce a competitor as you are in the pool, you're equally generous about sharing your extensive knowledge, inspiring not only fellow teammates but others to swim better, from novice to national competitor.

“At practices, she's our underwater “eyes,” pointing out flaws that on-deck coaches don't always see, from the fine points of flip turns to stroke errors. Her comments are always positive, never unkind. She's the first to sign up for events and the first to recruit the rest of us. Her enthusiasm, in a word – contagious. Zena makes you believe you can do it, even if you're not so sure yourself. More often than not, she's right.

“At meets, count on Zena to be cheering loudest from the sidelines even though she might be next up on the blocks. Tear your swim cap? Can't find a lap counter for the 1650? Need to borrow a wetsuit? No problem. Zena Courtney to the rescue!”

Your volunteerism and generosity have not stopped there. In 2010, you initiated the *AquaRun for a Child*, a combined open water and 5K race fundraiser for children in foster care, an event that you continued through 2015 and have morphed into *Swim Defiance*. Coach Wendy Neely and Judy Williams note how you have served both Blue Wave Aquatics and PNA as board member and newsletter editor, and have been a USMS Convention delegate and Leadership Summit representative.

Kaycie Wood notes your shared background in synchro, and appreciates your help not only in “this new style of swimming” but in her new Blue Wave board position. Scott Matthews adds, “Zena has been the true inspiration behind my Masters involvement since 2009.”

Zena, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers by your example of good sportsmanship, encouragement, and commitment, the PNA is proud to recognize you as our Dawn Musselman Inspirational Swimmer for 2017.

For the PNA Board:



Mike Grimm, President

For the Selection Committee:



Sally Dillon, Selection Committee Chair

Zena Courtney Receives Dawn Musselman Inspirational Swimmer

PNA is proud to recognize Zena Courtney as its Dawn Musselman Inspirational Swimmer for 2017. Courtney, a member of Blue Wave Aquatics, was chosen for her example of good sportsmanship, encouragement, and commitment.



Zena Courtney accepting her 2017 Inspirational Swimmer Award. Photo by Angela Turley.

Courtney's teammates describe her as having "a megawatt smile, boundless energy, and an unforgettable laugh." She was noted as always first to sign up for events and

then first to recruit others using her contagious enthusiasm. She has many lifetime

achievements, including Stanford Swim Team Captain, Pro-triathlete, and Masters champion. She is a fierce competitor, but also generous about sharing her extensive knowledge and inspiring both teammates and non-teammates - from novices to national competitors - to swim better.

"At practices, she's our underwater 'eyes,' pointing out flaws that on-deck coaches don't always see," reported a teammate. "Her comments are always positive, never unkind."

"Tear your swim cap? Can't find a lap counter for the 1650? Need to borrow a wetsuit? No problem," noted another teammate. "[Zena] comes to the rescue."

Congratulations Zena Courtney on being chosen the 2017 Dawn Musselman Inspirational Swimmer.

Dawn Musselman (1913-1986)

Photo by Earl Walter of Oregon Masters



PNA has presented the Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman. As a long-time PNA member, she was a skilled competitor (still holding seven PNA records from 1983–1985 in the 70-74 age group) and always encouraged others to do their best. In her early days she was an Olympics hopeful and in her last days she continued to inspire her teammates until cancer took its toll.

More information on Dawn and previous award winners can be found on SwimPNA.org under *Awards and Recognition* (under *About PNA*).