

**DAWN MUSSELMAN INSPIRATIONAL SWIMMER
2018**

The Pacific Northwest Association Local Masters Swimming Committee
proudly presents the

2018 Dawn Musselman Inspirational Swimmer Award to

Lisa Dahl

Lisa, your nominators April Cheadle, Carl Haynie, Paul Ikeda, Doug Jelen, Dan Phillips, and Sarah Welch note how your long time and consistent contribution to PNA swimmers makes you a perfect candidate for this award.

Since your return to swimming with Masters in 2003, you have consistently worked to promote our lifelong sport, inspiring local swimmers to keep swimming, take on new challenges, join a team, and compete. You've helped organize relays at many meets including National and World Championships. In 2007, you volunteered to coordinate marketing for the PNA-hosted Short Course Nationals, contacting local businesses for contributions of in-kind services, food for hospitality, and cash. Donations from both local and national sponsors resulted in swimmers' goodie bags subsequently pronounced "best ever" for a Nationals meet.

Also in 2007 you joined the PNA board, taking what you learned to new heights, spearheading changes and initiatives for PNA and our local swimmers. You served as coach's chair, club development coordinator, and ultimately four-year terms as Vice President and as President. During your term, you lead the effort to separate the club and LMSC entities and to develop policies to provide financial support for coaches at Nationals. You inspired new competitors through your 'new swimmer goodie bag' initiative, being consistently on deck to greet them, and creating a model clinic to introduce the ins and outs of pool competition.

As President of Puget Sound Masters, you generated PSM's identity and have energized a National Team that frequently wins Nationals and does well in World Masters competition. You created and have been Meet Director for PSM's popular November Short Course Meters Championship. Besides serving on the USMS Coaches Committee and USMS Board Diversity Task Force, you actively promote swimming to Gay Games and IGLA participants.

Lisa, 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 2018.

For the PNA Board:



Sally Dillon, President

For the Selection Committee:



Steve Peterson, Selection Committee Chair