

DAWN MUSSELMAN INSPIRATIONAL SWIMMER 2011

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2011 Dawn Musselman Inspirational Swimmer Award to

Sarah Welch

Sarah, your dedication to PNA and continuing active involvement serve as an inspiration to all PNA swimmers. You have contributed in so many ways toward the ongoing success of PNA and its members over many years. Your professional background in finance and personal interests in fitness and competition bring special benefits to our Masters swimming community.

As our clinics coordinator, you have worked tirelessly to bring us many high quality training opportunities. Your own brainchild, the "New Swimmer" clinic, has proven popular with fitness swimmers and novice competitors wanting to build their skills and develop the confidence to tackle pool competition. Following through, your efforts to acknowledge our first-time competitors through PNA's New Swimmer Goody Bag program have made them feel even more a part of the PNA family.

Lisa Dahl notes that you are consistently open and sharing with potential new swimmers, touting the benefits of swimming and encouraging new and veteran swimmers to get involved. She says you know so many members, often giving them inspiration even when you should be preparing to leave the blocks yourself!

Lee Carlson reminds us how you calmly go about making Masters fun while promoting growth and change in a very positive way. Your commitment to Masters Swimming is evidenced by your participation at both the local and national level, with a willingness to take on projects and extra duties even on short notice.

Sarah, 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 2011.

For the PNA Board:

Steve Peterson, President

For the Selection Committee:

Jeanne Ensign, 2006 Inspirational Swimmer

