

Congratulations to Calvin Milbach, selected as the 2020 PNA Coach of the Year! Under his leadership with the *Thunderbird Aquatic Club Masters* in Anacortes, the workout group base has grown significantly as Calvin recruited swim team parents and military members from nearby Whidbey Island Naval Air Station. Retention has come from his efforts to provide a safe and inviting environment through social activities and acceptance of all ages and abilities in the pool. Members benefitted from his coaching tips and pacing, all customized to encourage swimmers at each level. Calvin expanded the TAC Masters program to include dryland, yoga, and dynamic stretch programs resulting in long-time members experiencing unexpected personal best swimming times.

Social events that have established life-long friendships include weekly breakfasts after Saturday morning practices, Ladies' nights and Men's nights, and the annual *Swim Across Guemes Channel* – followed by a large party.

Calvin stepped away from coaching earlier this year to be a stay-at-home father for his 2-year-old daughter, while his wife Rachel continues working as an emergency room doctor. They welcomed a son in June, so he has his hands full! Hopefully Cal will find his way back to coaching once his children head off to school; his swimmers would certainly welcome that!

Cal is pictured with Jameson Jordan Milbach and his 2020 PNA Coach of the Year Award.

