

Dear Selection Committee Members,

It is with great enthusiasm and passion that the Board of Directors for Davis Aquatic Masters submits for your consideration the nomination of Mary Kahn for Pacific Masters Coach of the Year.

Mary has been a coach for our organization since 2009. During that time she has exemplified what it means to be a leader, a mentor, a counselor, an advocate and a friend. Her presence on deck has been, and continues to be, settling and inspirational for the myriad of swimmers she connects with each day. She is also a leader by example when she is in the pool, helping to forge and sustain an atmosphere of competitiveness and supportiveness among fellow swimmers. She consistently exudes an aura of approachability and a genuine interest in helping those around her. Even under tremendous duress and adversity, Mary exemplifies what it means to be outstanding in the way she responds to and resolves both ongoing and emergent issues. The totality of her unique skills are unparalleled and her inspiration is unquestionable.

As a coach and swimmer, Mary attends 8-10 sanctioned competitions each year. She has coached DAM swimmers attending USMS National Championships to 4th place (2014), 5th place (2015) and 6th place (2019) finishes. She also holds club records in 12 individual events and six relays as well as seven individual USMS TOP TEN LC and SCM rankings in 2019 alone. Most recently, Mary was recognized by DAM as its 2019 Outstanding Female Swimmer of the Year!

On a more routine level, Mary coaches 18 practices per week for a club with 600+ members and she is instrumental in many of DAM's annual and ongoing events and commitments. She has been a volunteer coordinator at the start-line of the annual Berryessa open water swim every year since 2011. In 2018 and 2019 she also took on the role of Meet Referee and did an amazing job by all accounts. At the DAM hosted Summer Splash long course meets held in 2011 and 2014-2018, she volunteered to take on a lead role including Assistant Race Director in 2014, 2015, 2017 and 2018. Mary also currently holds the highest level of Grand Prix Champion in DAM's in-house participation program which rewards taking part in as many swimming events and programs as possible in a given year. She also earned this honor in 2015. Finally and possibly most importantly, Mary is the Certified Red Cross Instructor for entire DAM Certification Program. This entails teaching recertification classes in CPR, Lifeguard Training, AED and First Aid to a pool of nearly 60 DAM members which includes all of DAM's full-time, part-time and substitute coaches where Title 22 is required, and weekday and weekend lifeguards. It would also be an egregious omission to fail to mention the fact that Mary is one of the only, if not the only, coach in America to actively save a swimmer's life during a masters workout by providing CPR and administering shocks via AED.

While her service to DAM has been outstanding in and of itself, Mary's service to Pacific Masters, USMS and other community organizations has been nothing short of exceptional. Mary won the Pacific Masters Appreciation award in 2018 and served as its Vice President of Club and Coach Services in 2018 and 2019. This included attending monthly LMSC meeting throughout 2018 and 2019. She attended the Pacific Masters Annual Meetings in 2011, 2014, 2016, 2017 and 2019 and served as a delegate on its behalf at the USAS Convention in 2012, 2013, 2014 and 2018. Mary was the proud winner of the USMS Kerry O'Brien award in 2014. And on a local level, Mary has been the coordinator of

DAM's annual food drive for Yolo County Food Bank from 2010-2020 which has done an incredible job supporting the least fortunate in the community.

Finally, Mary's professional contributions to the sport of swimming include a level 3 USMS coaching certification and attending the USMS National Coaching Clinic in Nashville, TN (2015) and San Mateo (2018). She was a presenter at Pacific Masters coaching clinics in Mountain View (2015), Angels Camp (2015), Oakland (2 clinics in 2017) and Davis (3 clinics in 2018). She was also Assistant Clinic Director at Pacific Masters coaching clinics in 2014 and 2015. To her publishing credit, Mary was a contributor to *Swimmer* magazine in 2017.

In addition to Mary's long list of recent and historical accomplishments, she has an impeccable reputation for being one of the kindest and most caring individuals to come into contact with every single day. The time she makes for every swimmer, the relationships she has forged and the devotion she dedicates towards those around her make her infinitely worthy and deserving of this honor and recognition.

Respectfully yours,

Davis Aquatic Masters Board of Directors