

DAWN MUSSELMAN INSPIRATIONAL SWIMMER 2019

The Pacific Northwest Association Local Masters Swimming Committee
proudly presents the

2019 Dawn Musselman Inspirational Swimmer Award to Arni Litt

Arni, you are an inspiration to the Green Lake Aqua Ducks and to all of PNA. Year after year, you have been a tireless volunteer, taking on responsibilities such as serving as GLAD's Treasurer and on PNA's Board. You also serve as one of GLAD's substitute coaches, which means keeping up your Red Cross Lifeguard, CPR, and First Aid certifications. As your GLAD nominators point out, "Not only does she keep up her certs, she jumps in to help when the need arises. During this spring's snowstorm, for example, when the regular coach was unable to make it to the 5:00 a.m. workout, she immediately agreed to sub and was on deck before start time, workout in hand, greeting our GLAD swimmers, ready to run the workout."

Arni, you seek ways to keep GLAD growing and improving. As Treasurer, you tirelessly track their finances. You also keep your eye on the Colman Pool summer Saturday workouts, finding ways to publicize and promote these great weekend swims. As a substitute coach you provide insight into how swimmers can improve their strokes. You do all that you can do to support GLAD and make it a better club.

You have served for years in key roles at PNA, including Registrar (10 years) and Treasurer (5+). You've helped PNA and USMS move from paper-based registration to online, paperless methods. Says GLAD President Tom Harrylock, "I know that Arni has prepared thousands of renewal registration mailings, as she would invite many of us after swimming to help her stuff those envelopes." You are an actively involved member of the Board, often volunteering for subcommittee work and responsibilities. You've been "on deck" for 5K and 10K Postal swims as well as helping out with the annual Fat Salmon open water swim. You are dedicated to do anything you can to assure the success of these USMS related activities.

"What a great partner to have in our Masters club at both the local and regional level. It may come as a surprise to many that Arni became a Masters Swimmer relatively late in life (after 50). She quickly swam her way to GLAD's middle fast lanes and became a competitor at PNA meets. Additionally, it's those vertical pushups she was doing last year after workouts that I find truly impressive. Really, over 70 and doing vertical push-ups!" – Tom.

Arni, 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 2019.

For the PNA Board:

Sally Dillon, President

For the Selection Committee:

Steve Peterson, Selection Committee Chair

