

DAWN MUSSELMAN INSPIRATIONAL SWIMMER 2010

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2010 Dawn Musselman Inspirational Swimmer Award to
Betsey Kassen

Betsey, endorsements by Coach Mel Smith and your teammates Gloria Tolaro, Peg Cloutier, Evelyn Hoffman and Joan DelGado attest to your inspirational nature. Gloria notes that four years ago you and husband Bill moved here from Ohio, where you had been competitive in both swimming and synchronized swimming. Like many of us, you took a few decades off for other life events but now have returned to swimming. And what a return!

Gloria says you are not only a knowledgeable and expert swimmer but one who strives for personal excellence in technique and speed. You've attended PNA clinics and participate in local, national and world competitions, including Masters and Senior Games. You seek a healthy lifestyle through T'ai Chi, Ai Chi and weight training. Your commitment to self development inspires others through your personal behavior.

In addition, you are more than willing to share your knowledge. Quoting Gloria, "Other seniors come to her for advice and I am one of them. She has shared with me [what] she has learned at the clinics. She is a natural teacher and leader and encourages me and many others to greater feats. Others look up to her as the expert swimmer in the group." Evelyn Hoffman adds, "She has encouraged me to keep on even when I am ready to throw in the sponge. She alerts me to coming events and clinics and gives me "in the water" help with all four strokes. She is an outstanding sportswoman and friend."

Joan DelGado first met you at the 2008 Worlds in Perth, Australia, where you and she swam with Lisa Dahl and Sarah Welch in relays representing PNA. Joan notes that you were "a great teammate then, giving me the encouragement I needed as the oldest member of that relay team. Then when I moved from Oak Harbor to Longview, she was the one who reached out to me to join SSMS since we didn't have a team ... where I swim, 60 miles south of the Briggs YMCA."

Betsey, your teammates appreciate your sportsmanship and humility, seeing that others are in the limelight, and acknowledge that you have made "a super impact on a wide range of people."

Betsey, 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 2010 Dawn Musselman Inspirational Swimmer.

For the PNA Board:

Steve Peterson, President

For the Selection Committee:

Jeanne Ensign, 2006 Inspirational Swimmer

