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# HEATHER PURK

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hkpurk@gmail.com

## POSITION NOMINATED FOR:

AGE GROUP CHAIR

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## NOMINATED BY:

ROBERT GREENE-  
DC WAVE

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## YEARS WITH USAS/ PVS:

13 USAS  
9 PVS

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## EXPERIENCE

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My swimming career started at the age of 5 with the Elyria YMCA/USS Swim Club in the Lake Erie LSC. My love of swimming was further fueled by helping younger athletes on my team when I was 14yrs old. I started my USA Swimming coaching career in the Georgia LSC with the West Georgia Swim Club in 2005. In 2009, I moved to NOVA and started coaching with the Blue Waves Swim Team. In addition to BWST, I have coached with Lifetime Fitness (LIFE) and HACC in Potomac Valley. Currently, I am coaching with Machine Aquatics at their Audrey Moore, Tyson's Sport and Health, and Tuckahoe locations. This season, I am the Assistant Coach for the Senior Orange and Senior Silver Groups, Age Group Coach at Audrey Moore, Coach for the Late Night Age Group and Senior Silver practice at Tyson's Sport & Health, and Assistant Coach for the Tuckahoe Stroke Mechanics Group. In addition to my coaching, I teach Private Lessons, Semi-private Lessons, Group Lessons, and Competitive Private Lessons (Video Analysis) at the Machine Performance Center.

I have served as a PVS Zone Coach for two short course and three long course trips and the PVS Zone Team Manager for two short course and one long course trips. Currently, I am completing my fourth year as one of the Coaches Representative to the PVS Board of Directors. Also, I volunteer my time as an official for PVS. I am a N2 Stroke & Turn Official and a Hy-tek Computer Operator. As of the middle of April 2018, I am working to complete my Electronic Timing System (ETS) Operator certification with plans to obtain my Administrative Official (AO) certification.

In my time serving as one of the Coaches Representatives to the PVS Board of Directors, I have tried to be a voice for all coaches no matter the club or the level of swimmers that they work with. One of the things I am most proud of is the work I did to promote the wonderful job that coaches are doing to bring children into the sport of swimming and keep those swimmers involved in the sport. The Future Champions Coach Award and the Rising Star Club Award are two of the newest ways that PVS has to knowledge the wonderful coaches and clubs within our LSC. In addition, the Coaching Legacy Award is PVS way of recognizing those coaches who have been a part of PVS and contributed with the swimming and coaching legacy of Potomac Valley. Potomac Valley Swimming has over 12,000 athletes and must continue to work to support all of our athletes no matter what level of competition they achieve. Every member (athlete, coach, official, or parent) is an important part of the PVS community and needs to feel that they have an avenue to address their concerns.

