



FOR IMMEDIATE RELEASE

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FEDERAL WAY SWIM COACH RECEIVES NATIONAL RECOGNITION

Federal Way, WA - Wendy Neely, head coach of the Federal Way Masters swim team, has received the 2010 Kerry O'Brien Coaching Award. The United States Masters swimming award recognizes coaches across the country who help build membership in communities throughout the country.

Kerry O'Brien, for whom the award is named, praised Neely for her leadership and dedication. *"The passion that you deliver to your program on a consistent basis through your inspiring efforts as clinician-coach-mentor, and the dynamics that you bring to the deck as a 'coach for all' is exactly the level of commitment that builds teams into one of the many models we have for defining success."*

Neely has been coaching master swimmers for 13 years. Her coaching career includes Federal Way Masters, Tri Time Swimming, Thomas Jefferson High School Boy's and Girls' teams, and Marine Hills Swim and Tennis Clubs' swim team. In 2005, Neely received the Pacific Northwest Association of Masters Swimmers Coach of the Year Award.

"My passion is swimming – I really love working with adults. I believe every adult should know how to swim with ease, comfort and enjoyment. As the years go by I continue to meet adults that are struggling with their swimming, my goal is to eliminate swimmers current stumbling blocks and move them forward to enjoy all that swimming has to offer; whether it is swimming for pleasure, rehabilitation or competition" Neely said.

ABOUT FEDERAL WAY MASTERS

Federal Way Masters is an adult swim team, open to all levels of swimmers over the age of 18. Federal Way Masters is a member of the United States Masters Swimming. Initially created to maintain health and fitness through regular coached workouts, Federal Way Masters saw the need in the community to provide opportunities to achieve success and confidence in swimming at all skill levels.

Federal Way Masters offers workouts at the following locations: Weyerhaeuser King County Aquatic Center, Federal Way Community Center, Fife Swimming Pool, Kent Meridian Pool, and Evergreen Community Aquatic Center. Federal Way Masters offers open water workouts, at several local lakes, during the summer months.

For more information about Federal Way Masters, go to <http://www.fwmasters.com>.

ABOUT TRI TIME SWIMMING

Tri Time Swimming, an affiliate of Federal Way Masters, offers group, semi-private and private swim lessons for all levels of adult swimmers. Tri Time lesson program begins with breaking through the barriers of fearful swimmers, advancing to specialized lessons for triathletes honing their swim skills for competition.

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For more information about Tri Time Swimming, go to <http://www.tri-time-swimming.com>.

ABOUT UNITED STATES MASTERS SWIMMING

U.S. Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

Founded in 1970, the non-profit corporation is organized with over 500 clubs in 52 regions throughout the United States. Membership numbers more than 50,000, with individual members ranging in age from 18 to over 100.

For more information about United States Masters Swimming, go to <http://www.usms.org/about.php>.

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