



Coach - Athletics
Hometown: Chicago, IL

1. How long have you been with Special Olympics?

I have been coaching with Evanston Special Recreation for 12 years. I have coached athletics, basketball, bocce, flag football, floor hockey, powerlifting, swimming, and volleyball. I have also served as a mentor for Global and Health Messengers.

2. How has Special Olympics changed your life?

I now appreciate “little victories” much more than before. Seeing an athlete exceed their own expectations is very gratifying.

3. What has been your biggest obstacle to overcome?

Taking team competition losses in stride. As a coach, I always love winning. I have to stay focused on the true reward - learning new things and having fun.

4. What makes you most proud?

Whenever my athletes can accomplish an athletic feat which originally seemed impossible; I love seeing that.

5. What are some other accomplishments you are proud of?

I’m a United States Track & Field Level I Coach NASM Personal Trainer.

6. What other interests or hobbies do you have?

Drumming and attending concerts. I love spending time with my pets. I also enjoy working with animal outreach programs helping cats and dogs in need.



7. Who do you admire most and why?

Anyone who does good deeds for the world and then doesn't feel the need to take credit for it.

8. What does attending USA Games mean to you?

Being a USA games coach feels like receiving a thumb of approval for my work up until now. I LOVE the competition at the track and of course the Opening Ceremony is a once of lifetime memory.

9. How are you preparing/training for USA Games?

I have been reviewing my coaching manuals and scouring YouTube for the best coaching tips from Olympics coaches and athletes. You can never stop learning!

10. Have you been to a World Games or USA Games before?

I was an assistant coach for athletics at 2018 USA Games in Seattle.

11. Are you employed? If so, where at and what's your role?

I am supervisor for the City of Evanston Special Recreation Department. I also train clients privately as a personal trainer.

12. Are you a currently a student? If so, where and is it a Unified Champion School?

No

