

Three years ago, I started working for Dana at Fremont Hills. At this point in my life I was a retired PASA Rinconada swimmer and an unhappy student at UC Berkeley. That summer, Dana helped me find my true potential in swimming. Fast forward to today, I am a 2020 graduate of Cornell University while being a member of the varsity swim team. I met some of the most fun, caring, and supportive people who I can truly call family. My two and a half years (5 semesters) that I spent at Cornell were over in a flash, but filled with meaningful memories.

Without Dana and the Elite group, I would not have had the opportunity to transfer to Cornell. Instead I would have been stuck at Cal, unhappy and without a team. Dana truly helped me make one of the most important changes in my life. She is an amazing coach and has a unique talent for knowing what each swimmer specifically needs to shine. Her focus on body position drills every single day really helped me become a better sprinter. Her drylands workouts also kicked my butt! Thank you to Dana, Bruce, Chris, and all of my teammates who helped me along my path!

