

Press release

December 10, 2020

Pacific Northwest Swimming (PNS) is releasing information about the 2020 PNS Hall of Fame inductees. The 2020 class includes three elite athletes and two incredible volunteer contributors.

Athletes:

Ariana Kukors Smith. Ariana Kukors represented Team USA in the 2012 Olympic Games in London. With world record performances and gold medal wins, she excelled in world championship competitions from 2007 through 2011. Ariana swam locally for King Aquatic Club, Auburn High School, and the University of Washington.

Helen Silver. Helen won the 100-meter backstroke in the USA Swimming National Championships in the summer of 2005. As a swimmer excelling at Bainbridge Island Swim Club and Bainbridge High School, she went on to a stellar career at the University of California – Berkley. Helen joins her sister, Emily, in the PNS Hall of Fame.

Kathy Smith. Kathy was an elite breaststroker throughout the 1970s and 1980s. She qualified for the USA Olympic Team in 1980, which was subsequently boycotted by the U.S. Kathy swam to gold medal performances in several international competitions. She swam for Bellevue Eastside YMCA Swim Team before beginning her outstanding collegiate career at Stanford University.

Contributors:

Kiko Van Zandt. Kiko is the pre-eminent coach for swimmers with disabilities in Washington. Many of her swimmers have been members of the USA Swimming Paralympic National Team, as well as national champions. Two of Kiko's swimmers were Paralympians. Kiko was part of the coaching staff at the Paralympic Games in Athens, Beijing, and London. She has had excellent results developing programs that successfully integrate disabled and nondisabled swimmers. Kiko is also recognized for contributing ongoing training of local athletes ,coaches and officials.

Teri White. Teri is recognized as a dedicated, fair-minded swimming official who has achieved the highest levels of swim officiating in the US. Besides officiating at USA Swimming and NCAA National Championships, and Olympic Trials, she has officiated internationally in Budapest and Korea. Teri has conducted training clinics for hundreds of officials of all skill levels throughout the Pacific Northwest and other regions. Teri has earned high recognition by her peers for her contribution in developing training programs for Pacific Northwest Swimming officials.

Pacific Northwest Swimming is the local competitive swimming affiliate of USA Swimming. Covering the geographical area of essentially Western Washington State, PNS is responsible for managing competitive

swimming programs throughout the region, promoting competition, coach education and athlete and official training. With the 2020 inductees, the PNS Hall of Fame now includes 68 total members, including 42 athletes, 10 coaches and 16 contributors.