

Laurie Hug is an accomplished swimmer, triathlete, and coach who has been a continuous USMS member since 1989. During that time she contributed many years of dedicated service to Delaware Valley LMSC (DVLMSC), USMS, and the local swimming community.

DELAWARE VALLEY LMSC SERVICE

Laurie served as DVLMSC Chair for six years; her term ended Oct. 2015. Prior to that she was DVLMSC Vice-Chair for 3 yrs. Under her leadership:

- DVLMSC membership increased 30%;
- New initiatives were developed: the Virtual Triple Challenge Swim, free coached workouts prior to LMSC meetings, implementation of the annual LMSC recognition awards;
- Existing protocols were enhanced: established a Finance Committee to develop budgets, created written guidelines for convention delegate selection and expense reimbursement, instituted submission of committee reports before annual meetings;
- By-laws and procedures were reviewed and upgraded to comply with USMS guidelines;
- Inclusivity was promoted: DVLMSC members and clubs were encouraged to become more involved with the LMSC and USMS.

Laurie communicated regularly with other DVLMSC officers and committee chairs and involved them in decision-making. She was responsive to the membership and national office. She received the 2018 Stephanie Walsh Beilman Outstanding DVLMSC Volunteer Award.

USMS SERVICE

Laurie collaborated with, and elevated the DVLMSC stature in, Colonies Zone and USMS. She:

- Has been a USMS Convention delegate for the past decade;
- Continues to serve on the USMS Long Distance Committee;
- Is a Level 4 USMS coach (and Level 2 USA Triathlon coach);
- Was a member of the USMS Coaches Committee for three years, contributing on-line workouts specializing in stroke/IM and triathlons;
- Was a member of the USMS Open Water Committee for three years;
- Coordinates USMS Hour Postal Championships and e-postal events within DVLMSC.

COMMUNITY SERVICE

Laurie's service has also benefited the local community. She:

- Started the Masters program at Germantown Academy (GA) in 1997, and she continues to coach masters and triathletes there, as well as at other locations;
- Coaches high school and age-group swimmers: has been Head Coach of the Wissahickon Girls High School Swim Team since 2008; was an age-group coach at GA ('89-'15); currently trains other age-groupers;
- Has been a member of the PIAA District One Steering Committee for six years;
- Volunteers regularly at animal shelters and has adopted several homeless cats, most notably "GA George" who she found emaciated behind the GA pool.

In summary, Laurie embodies the true spirit of service by contributing in many capacities for a variety of organizations.



U.S. Masters Swimming Dorothy Donnelly Service Award Nomination

The Dorothy Donnelly Service Award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally. 'Dot' Donnelly was a member of USMS at its inception. She tirelessly served as coach, meet director, and ambassador for our organization, and served as our elected Secretary, maintaining the national office from her home for many years. Dot embodied the goals and objectives of Masters Swimming.

USMS Goals and Objectives

- A. To encourage and promote improved physical fitness and health in adults.
- B. To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- C. To encourage organizations and communities to establish and sponsor Masters swimming programs.
- D. To enhance fellowship and camaraderie among Masters swimmers.
- E. To stimulate research in the sociology, psychology, and physiology of Masters swimming.

Instructions

Any member of USMS may submit a nomination for this award. The nomination submission must consist of this completed form and a one-page nomination letter citing the reasons the individual deserves recognition and the award. The letter should include the following information:

- type of service, length of time, and where service was performed
- how the nominee's activities have contributed to or impacted the club, the LMSC, or USMS.

The nomination deadline is July 1. All completed nomination forms and letters must be received on or before July 1. The winner will be announced and the award presented during the USMS Convention in October.

Laurie Hug

Nominee

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Colonials 1776 / Delaware Valley LMSC

Nominee member club / LMSC

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Nominator

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Please submit all forms and letters electronically.
Send your nomination form and letter by July 1 to: awards@usms.org