

## Veronica Hernandez - Nominee for Volunteer of the Year

It is my pleasure to nominate Veronica (aka Vern) for Pacific Swimming Volunteer of the year. Vern can easily be mistaken for the Energizer Bunny. She is always working hard with energy and vigor at everything she does with regard to Age Group swimming and the Diversity and Inclusion efforts both in Pacific Swimming and in USA-S. When she is loaded down with volunteer tasks, aside from her daily coaching responsibilities she simply keeps going.

A comprehensive list of her volunteering contributions will be very lengthy, I will briefly summarize a high lighted list into groups:

### Age Group Swimming:

- Age Group chair - PC BOD 2011-13.
- Vice chair Z1S - 2 terms
- At large member PC BOD - focus on Age Group swimming and Diversity and Inclusion
- member of LSC task forces on Age Group championship meets
- Head coach of Zone All Stars - 5 years; Pacific Coast All Stars - 5 years; Western Zone All Stars - 5 years; NACC All Stars - 3 years

### Camps:

- Head manager of USA-S Central Zone Select Camp-2017
- Camp Director and Coach - PC Diversity and Inclusion (D & I) Camps 2010-16
- Camp Director for Western Zone D & I Camp - 2014
- Co-camp Manager of Western Zone D & I Summit and camp 2016
- Coach for USA-S Diversity Select camp at Olympic Training Center - 2010
- Coach for Eastern Zone D & I Camp

She exemplifies volunteerism.