

SWIM, SURF & WELLNESS CLUB

ANNE WILLIAMS

Motto: Any distance is better than none!

(once I get to the pool I usually swim a full workout)



S P O T L I G H T



Getting to Know Her:

Early days:

At 12 years old I had the opportunity to swim with the now famous swim coach, George Haines, (Hall of Fame 1977 as Honor Coach), as he formed a new swim team in the S. F. Bay area with only 13 swimmers. I swam butterfly with a breaststroke kick and held national records in my age group for 3 years. When the dolphin kick was adopted I switched to breast stroke.

Without Title IX there was no competitive swimming for women in college so I stopped swimming in competition.

At Stanford I received a BA & MA in biology and taught for 30 years at Evergreen Valley Community College in San Jose.

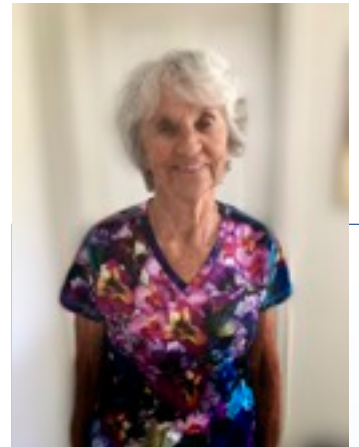
Neither my son nor daughter took up swimming!

Moving to OHCC:

In 2000 David Key and I retired and moved here. I joined the *Masters Swim* group in Carlsbad. I enjoyed it so much I was talked into entering swim meets and ocean swims, thus beginning my second swimming career. Exciting!

I swim all strokes. I now hold 6 national records in the distance freestyle events and looking forward to so many more.

I have been ranked 2nd in the world in the SCM 1500 free and 200m breaststroke.



Anne Williams

At the age of 8, in 1946, I moved from Washington DC to Palo Alto, CA. It was life changing as I lived only 3 blocks from the city pool. I did not know how to swim but had no fear. Sneaking past the life guards with my friends to jump off the 10ft. diving board with only a kapok life jacket was a real thrill. That was how I spent my summers

**At the Meet:**

We are placed with people who have similar times so they may be young or old, male and female. It is more fun to swim with others that are about the same speed. My name is on the cap. *Anne*

How has the Pandemic affected you?

The Pandemic! I was so disappointed! I now have limited swimming opportunities so started to ride my bike again, only around OHCC. I was a little wobbly in the beginning but now really enjoying it. Great fun!

Favorite Hobbies:

Gardening, hiking, reading and travel

Favorite Memory:

George Haines, Known today for coaching Olympic Swimmers, started his career with our team as his "guinea pigs". We did not have a 50 meter pool so we swam in the local reservoir while he rowed ahead in a boat. We were supposed to catch him! One time George's high school male team was goofing off so he threatened to have two 8th grade girls swim in their high school meet with them. He arranged with the other school's coach to put us in events where we could beat them,....which we did!! Within 2 weeks the guys were much better swimmers.

What a kick to get to know this vibrant,
articulate woman! She is my inspiration and
hero. If you want to suggest someone in our

club please call:

Layne Strelic 619-778-3433

619-778-3433.

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