

Coach Kara's Tribute

We have been thinking the past few weeks about what to say with the loss of Coach Kara. It's been difficult to put words down on paper with a broken heart and reminders of Ross' sister that we lost a short time ago to the same type of cancer. The truth is it hurts. We all hurt.

Two years ago in Pittsburgh at Christmas when Terry (Ross' sister) pulls out a handwritten note from Coach Kara. Inside was a beautiful and motivating note to Terry to keep the faith, stay strong in this fight, and a gift from Kara's turning triple negative positive cancer party. Terry fought tears as she read us the note and she said, 'I need to make sure I mail her a thank you note.' Terry and Kara never had the chance to meet but the things they had in common were triple negative cancer, 4 kids, swim Coach, fighters, faith, and love of life and family. We didn't know that this would be the last time we celebrated Christmas with her. Terry's health started to decline, once again and she passed away in April 2018. I'm not sure Terry was ever able to send that thank you note but Ross and I will never forget that very kind, thoughtful, and generosity shown by Coach Kara.

On Thanksgiving Day, we lost our dear friend, an amazing coach, a wonderful wife, mother, sister, daughter, an incredible person whose love of people and life was shown in abundance Thursday December 19 in Kara's beautiful Celebration of Life. The outpouring of love for her was shown. The chosen songs praised her as a person, her spirit, her actions, her smile, and her special light that shines bright in all our lives. We are all better people to have had such a great woman influence our lives. Let us all remember the lessons Coach Kara taught us at Swim Streamline: Be Kind. Be Strong. Be Fearless. Be Confident. Be Streamline Strong!

We all must continue to spread Kara's words through our actions at SSAN. Our powerful motto 'Streamline Strong' is a testament of what this swim family is all about. Unity, strength, love, determination, perseverance, and finishing strong.

We must all keep moving 4WARD, continue to work hard to reach our goals, and create positive ripples in the pool to carry into the world. We will make a difference in and out of the pool each and every day. We at SSAN need to be the standard in our community, create future leaders, and through our ripples of kindness and hard work, we can change the world. Like Kara changed all of us.