



Hi STAR families!

My son, Thomas, has only been swimming with STAR just over 3 years now. I needed a little nudging to volunteer (I didn't feel like I knew enough) – but once someone reached out to me and nudged me to pitch in, I realized it was the best way to forget the time, to meet parents, and to learn about swimming! When we are all running around the Flickinger Center helping with the meets, we sure don't have much time to talk. BUT – those who I have talked to know I am a slow learner about all the nuances of club swimming. So many folks have helped me out with all aspects (and know have a long way to go – and only laugh a teensy bit about it).

I am a scientist by training and I teach all sorts of super fun courses at Daemen College – like neurobiology, research methods, and statistics. I have 27 years of experience designing and conducting brain research, teaching graduate and undergraduate students, serving on committees as a member and also in chair positions, and of working on teams to design new projects and initiatives. What I value most about my profession is the constant reminder that I don't know a whole lot. This drives me, which is why learning more about being a swim parent is so important to me.

Outside of family, work, and STAR volunteering, my husband Scott, our son Thomas and I regularly volunteer our time to help our community by organizing and participating in events for our most near-and-dear non-profit foundations. I am very excited to have the chance to bring all of these experiences directly to the club by participating on our Board.

This would be my first Board position – and I am eager to learn the values and responsibilities of the STAR board. In addition to doing that, I offer all of you my commitment to the team and my willingness to serve all the families.

All the best,

Colleen Kashino