

Karen Benz Coen



I am interested in renewing my term on the Board of Directors for STAR Swimming. I was asked to fill an open spot on the Board in October, 2017. This has been a challenging, yet exciting year for STAR as we welcomed new CEO/Head Coach, TJ Day. I look forward to many years with STAR!

Growing up, I was a swimmer with STAR for 7 years. I had a great experience with the team and swimming has always held a special place in my heart. I was excited to have our 3 boys join the team that I grew up with! They have been swimming for 4 years now and they love it. They started with the Red Team learning the different stroke techniques and gaining speed. Jack and Liam (twins) are now transitioning to Senior Prep while our youngest, Mitchell, continues to swim on the Blue Team. My husband, Chris, and I are so proud of their progress, but more importantly how STAR has taught them good sportsmanship, the value of commitment, and how much fun the sport is!

As we all know, our team couldn't run without the dedication of the parents. I work full-time as an Insurance Broker. I understand the struggles of a work/family balance. I am also on the Board for the Junior League of Buffalo as the Communications VP and know the importance of volunteering. When we first joined STAR, Chris & I were timers, but I quickly decided to become an official. My husband now volunteers in the Green House, using the computer system. With my experience as a Board member and volunteer for the Junior League of Buffalo, I was able to bring some of the media connections to STAR, with a press release in *The Buffalo News* as well as reaching out to Kevin O'Neill with WGRZ for a spot on *Daybreak* in February to introduce Coach TJ & STAR to WNY. I bring to the Board experience in swimming, officiating, and perspective of parents who work full-time. I hope to continue to share my skills to help STAR be the best it can be!