

Hello, PASA! My name is Grace Tramack, and I graduated in 2019 from DKS. I am currently finishing up my freshman year at the College of William and Mary in Williamsburg, VA, majoring in Government and History. As I look back on my first year in college, I can truly say that I owe so much to the PASA program.

When I first joined PASA, I had just moved cross-country to California. The team gave me an automatic group of friends, who would last me all the way through high school and into college. My first ever meet in California was Zone 1N Championships, and I remember having a blast. The team spirit that PASA has is incredible, and truly something special.

Being a part of DKS and swimming for Dana was the best way I could have spent my high school years. Yes, swimming taught me all of the wonderful life lessons such as hard work, resilience, and working as a team. But it has also taught me how to persevere in other challenging aspects of my life, encouraged me to come out of my shell, and given me an outlet to turn to whenever I need it. I learned to embrace my love of my team with all of my heart, look grueling meet schedules in the eyes, and find confidence in myself in a way that is uniquely my own, from Dana, and I am so thankful for all she (and Bruce and Paul!) have given me.

Coming into college with the knowledge and experience I had from DKS, I was excited to finally be able to swim completely for my team. Wearing the Tribe Swimming cap is a huge honor, and I find stepping up to race alongside 57 of my best friends is the very best feeling in the world. Dana teaching me to embrace my role as a distance swimmer has done wonders for me: I am a proud member of D-group at W&M, and the 400 IM, an event I thought I would never swim again after high school, ended up becoming my best event. I have also been getting involved in my community outside of the pool—my passion for writing has led me to tutor in our Writing Resource Center on campus, and I am starting to get involved in government research.

This is a difficult time for everyone. I know I am struggling with not being able to see my friends, teams, and coaches every day, and not being able to turn to my greatest outlet—swimming. We are blessed to have such an amazing and supportive community around us like PASA, and yet can't help thinking about all we are missing out on as what would have been spring high school swim season is coming to a close. I know that at the end of the day, your coaches, teammates, and most of all, that black line at the bottom of the pool, will be there to welcome you back when this is over.

If I had a biggest takeaway, it would be this: enjoy every moment of club swimming, thank your coaches for everything they do, and never forget that you have a home in PASA.

- Grace Tramack, Class of 2019

