

Hello PASA! My name is Sarah Snyder and I graduated from highschool and DKS in 2019. I am finishing up my freshman year at Duke University in North Carolina, majoring in Biology and Global Health and I am also on the pre health track.

I swam for PASA for 10 years, starting with Dana at Greenmeadow back when I was a weenie 7 years old. After a short 3 year middle school move to Dave Zapp at Foothills, I returned to DKS for my high school club career and my senior year I was recruited to Duke to swim D1.

Swimming and PASA has played an extensive role in my life and has not only given me an amazing community to be a part of, it has also taught me invaluable life lessons that I will never forget. Not only did swimming teach me how to be a successful student-athlete, but more importantly I know the value of hardwork, how to roll with the punches, possess the ability to work on a team towards a common goal, and I am a master at dying my chlorine-bleached eyebrows so I don't look like Golum from The Lord of the Rings. This among many, is why I am so proud to be part of the PASA swimming family, and is why I am so grateful to all of my coaches, especially Dana, Paul and Bruce.

This past year swimming for Duke has been rewarding and extremely fun, college swimming brings out competitiveness and love for your team like nothing else. While this past season was disappointingly cut short, I know that I have 3 more years at Duke to achieve my goals and compete for my team.

Because of the pandemic, I moved out of my dorm in North Carolina and flew back to California to finish out the rest of the semester online at home. While none of us are able to do the sport we love the most right now, I know that this too shall pass and soon we will look at this as a weird and perhaps humorable time in our lives.

I hope to see everyone on deck real soon :) Stay safe and healthy!



-Sarah Snyder

