



MAY MCEWAN AWARD NOMINEES

AIMEE SHEA - CYPRESS SWIM CLUB

Aimee's adventure in synchronized swimming began in 2016 when she joined our team with minimal knowledge of the sport, let alone the intricate techniques of sculling. At that time, her ballet leg was far from perfect, but she possessed a strong swimming background – the only familiarity she had in this aquatic art. With admirable determination and a positive spirit, Aimee dove headfirst into her first competition.

In a true testament to her character, Aimee exhibited remarkable sportsmanship and gave her all, even when faced with the challenge of being relatively new to the sport. Her dedication and heart shone brightly as she navigated the complex world of synchronized swimming.

A significant turning point in Aimee's life occurred in September 2019 when she attended a softball tournament for work and suffered a traumatic brain injury (TBI). This devastating incident prevented her from participating in the Nationals event in Tupelo, a competition she had eagerly anticipated. Despite her heartache, Aimee never allowed the shadows of her brain injury to define her.

Over the course of the past five years, Aimee has displayed unwavering commitment and a resolute focus on her love for swimming. She has transformed adversity into a source of strength and serves as a true inspiration to our sport's community. Her resilience and determination are clear evidence that even in the face of a significant injury, one can rise above it.

In my heart, I wholeheartedly believe that Aimee is the most deserving candidate for the May McEwan Award. Her infectious positive energy, her unwavering passion for swimming, and her remarkable ability to inspire all of us make her a truly exceptional individual in our sport.



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CINDY WOOD - REDWOOD EMPIRE SYNCHRO

Cindy joined the Redwood Empire Synchro three years ago and has been an exemplary artistic swimmer since. She started her artistic swimming career as a young girl with the San Francisco Merionettes. She came to join the Redwood Empire team after a hiatus of more than 40 years!

Cindy came back and continues to be a positive force for the Redwood team. Though she is younger than a lot of the team (even though in her 60's!), she has an encouraging way of working with all ages of team members. And the Redwood team has a lot of swimmers older than she is!

She works hard on her skills, increasing her execution due to the time she works on her skills. She works with others to push them in increasing their skills and the routines that they swim.

Cindy is also fortunate to have a husband, Steve, who comes to every practice and videos ALL routines. Cindy then sends out the videos often within a couple of hours so that each routine can easily watch and make corrections for the next practice. Since we have coaching during one hour and half practice, these videos are invaluable to the Redwood swimmers. At the other two practices (each usually 1 - 1.5 hours each) Steve is there to video. The combination of Cindy getting the videos up so we can watch, and Steve videoing for that playback.

Cindy also has the type of personality that makes her fun to be around. She can laugh and makes people feel good.

She is a pleasure to be around and definitely exhibits the attributes of a exemplary masters artistic swimmer.