



Celebration of Life in Memory of Coach Don Watkins

Saturday, October 21, 2017

1:00 – 3:00 pm

Kearny Mesa Recreation Center

3170 Armstrong Street, San Diego CA 92111

RIP Donald Harold Watkins

Don was born 6 May 1951. He died 27 July 2017 while coaching members of the Wave House San Diego Swim Team.

Who is Invited?

Any of Don's friends, relatives, colleagues, or swimmers. Please share this flyer with others who may wish to attend.

Please RSVP either by responding to the event notice on Don's Facebook page or sending an email message to Gail Dummer (dummer@msu.edu) with the number of people who will attend.

What are the Plans?

- Everyone is welcome to share their memories of Don. Remember Don's sense of humor as you think about what to say. For example, consider starting with a "Howdy, Howdy" introduction; dress like Don and imitate him; write a poem about Don (e.g., "There once was a coach named Don ..."); tell a corny Don-style joke (e.g., "Did you hear about the broken pencil? There's no point!"); or create a song about Don. It's perfectly okay if you just want to say that Don was an important person in your life and that you miss him.
- Swimmers are encouraged to describe the most memorable swimming workouts and games (tortures?) that Don asked them to complete. Don's fellow coaches also are welcome to contribute.
- Swimmers should also describe dryland (out-of-the-water) exercises and games that were part of Don's workouts. Basketball must be mentioned. Attendees may be asked to participate in some of these activities if time and weather permit, so bring any equipment that may be needed.

What to Bring?

Light refreshments will be provided. Contact Jana Perkins (onedog2many@icloud.com) if you wish to contribute food or drinks. Lawn chairs and sports equipment will be useful if you wish to enjoy the park after the Celebration of Life.

Kearny Mesa Recreation Center:

We will have access to an indoor facility as well as the adjacent park. Directions: From Interstate 163 north or Interstate 805 north take the Mesa College Drive exit and turn left. Follow Mesa College Drive until you see the park at the end of the street. Turn left on Armstrong Street and look for the parking lot.

Remembering Don Watkins:

- Donate to the Challenged Athletes Foundation in Don's name. Follow the online instructions at <http://support.challengedathletes.org/DonWatkinsMemorial>. Donations made in Don's memory will be used to fund grant requests from swimmers with disabilities at all levels -- from beginners to Paralympic hopefuls - because in the water, we are all the same.
- Contribute to the Go Fund Me campaign to support the Wave House San Diego Swim Team that Don coached. Follow the instructions at <https://www.gofundme.com/wave-house-swim-team>.
- Watch Don's Facebook page for information about a possible memorial scholarship for a deserving San Diego-Imperial swimmer.