



*“Coach Don was the most exacting and demanding coach I have ever worked with. He encouraged excellence from each athlete, with individually designed workouts. His knowledge of physiology and his motivational style enabled him to pull the very best out of each student.”*

*-Suzanne*

## The Un-Sung Hero...

*Donald H. Watkins (1951-2017) served the swimming community for over 50 years. He held coaching positions for several Los Angeles and San Diego based swim teams. He chaired the San Diego Coaching Assoc, and in 1996 won the Outstanding Service Award for Southern California Swimming.*

*Mr. Watkins received multiple awards for his involvement in Disability Swimming. He was a member of the USA Swimming National Disability Committee, and in 2005, won the USA Swimming National Disability Swimming Service Award. He coached several Paralympic swimmers in Beijing, London, and Rio De Janeiro, and was awarded the Ikkos Award by the US Olympic Committee. He also took swimmers to the World Championships.*

*Don, as with all his endeavors, faithfully announced the La Jolla Rough Water Swim each year since 1971.*

*Don empowered many of our wounded warriors by enhancing their rehab programs via the sport swimming.*



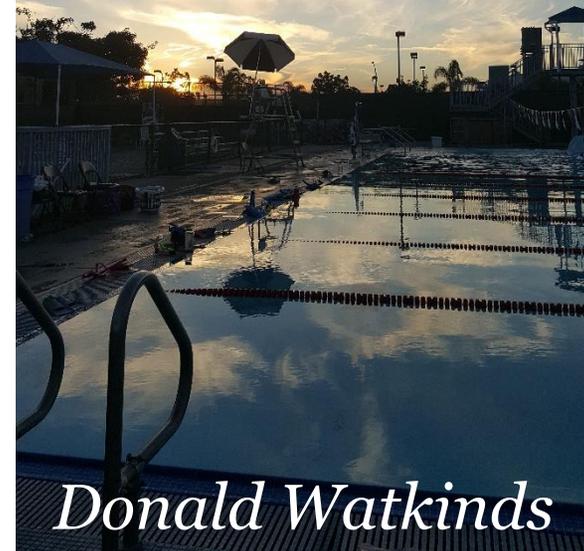
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## The Coach



*Donald Watkins*

*Memorial*

**SWIM  
SCHOLARSHIP**

