

Dear Phyllis & Dale,

I would like to thank you for the wonderful impact you have had on Emily's life. Above all, you believed in her and we believe she will go on to achieve great things in life because of character formed and lessons learned through your coaching. I don't know how to express my gratitude to you both. You have been second parents to Emily and have helped to raise a wonderful young woman.

Emily has learned to manage her time and her life. Grades and studying are a priority- She maintained a 3.95 grade point average. Emily has a great work ethic, self-confidence, and mental toughness that she has proven over and over. She learned to accept that gymnastics came before everything except school. She gave up so much... school dances, football games, friends, dates...yet she has experienced so much because of gymnastics. She and our whole family had so many opportunities to travel across the United States, seeing new places, meeting new people and bonding with the team. I would like to mention here that Jeff and I have made lifelong friends in our gymnastic team families. Thanks for that!!

I would like to thank you for your coaching, parenting, doctoring, teaching, and loving our daughter. You have been a big part of who she is and who she will be. She will soon be challenging herself beyond anything she has done before, but I am confident that she has the tools to succeed. Thank you for that.

I found this poem and thought of you and Emily.

For a coach who saw more in me,  
More than I thought I could ever be,  
Who taught me to discipline  
This mind and the body I'm in,  
Who raise expectations and dreams,  
Beyond just an athlete's schemes,  
Beyond normal endurance,  
Beyond myself, and ever since,  
I'm a greater woman for it,  
Because you taught me not to quit.

Thank you Phyllis and Dale – for everything. You are so appreciated.

*Shen*