

**Mary Lou Whittwill, 2010 Hud Stewart Award Recipient**

In 1979, Mary Lou Whitwill founded the Cowichan Aquannis Masters Swimming in Duncan, BC, with a total of five swimmers. Over the next twenty years, her enthusiasm helped grow the club to over 50 swimmers and inspired many of her swimmers to compete. She accompanied club swimmers to meets where she coached while also competing herself. At the provincial level Mary Lou served as President of MSABC for four years between 1993 and 1997.

Mary Lou represented BC on the Masters Swimming Canada's Board of Directors from 1993 through 1997 and served as chair of the MSC Rules Committee and Vice President and then President between 1996 and 1999.

Mary Lou also developed the [Hints for Coaching Masters](#) document published by MSC in the mid 90s.