



Carli Tyson by Lenise Kerr

Carli Tyson is an active and competitive 44 year old doing her best to live her life to the fullest which she shares with her best friend and husband Nate. Carli works as a Portfolio Manager for a small investment firm based out of Calgary. Along with swimming with the YMCA Calgary Masters she has volunteered her time as the club registrar, president, communications liaison and one of the Masters team coaches over the course of 16 years. She also volunteers for and has recently been named to the Board of Directors for Discovery House Family Violence Prevention Society.

Fitness has and will always be a vital part of Carli's life! She started swimming at the age of 10 with Red Deer Catalina swim club and successfully finished her age group career as a Varsity swimmer for the U of Calgary Dinos. Although she took a few years off from being in the pool she was never too far from the water putting herself through University coaching local summer and winter clubs. During that time out of the pool you would be sure to find Carli on the road either running or biking. Which is also the reason she got back in the pool in 2004 as she was dealing with a reoccurring running injury and needed to be kinder to her body with different exercise options. What started as some supplemental exercise ended up re-fueling her passion for swimming. Carli went from "I'm only" training, to "I'll only" do local meets, to consecutive trips to Nationals and consistently ranking at the top of her age group at all of the meets. During that time Carli also participated in half marathons, marathons, lake swims and many triathlons including conquering Alcatraz twice. Fitness and this competitive spirit will be part of Carli's life and live in her forever.

Carli has found it very rewarding to lead the way for the YMCA Calgary Masters program build out. Over the course of the years they've gone from a small and mighty team of ~10 swimmers, to a force to be reckoned with and over 80 registered swimmers across all the YMCA's in the city. It gives her great pleasure coaching and training with swimmers of all ages and skills, from new

swimmers to former national team members. It is important for her to create an inclusive environment where we all support and motivate each other along the way. Many of her team mates have told her that she inspires them in the pool and while Carli appreciates that, each of them inspire her in some way at the same time.

All that said, the biggest draw for Carli is the Masters swimming community. The friends and relationships she has made over the last 16 years mean so much to her and so many will be lifetime friendships.

In 2017, Carli was diagnosed with Type 1 Diabetes. It is a bit of a mystery as to why or how that happened given her active lifestyle and family history. The disease is present in her life and it causes some bumps in the road at times but, *"I will never let it define me, it will never limit me, take away my competitive spirit, stop me from achieving any of my fitness goals or from living my life to the fullest!"*