



### Vona MacMillan

Vona MacMillan is a 52-year-old Family Physician who swims with, and also coaches, the Campbellton Aquatika Club in New Brunswick. Vona has swum all her life for exercise however only began competing when she joined Masters in 2004.

Running her own family medicine practice, which also includes hospital call obligations, she organizes her schedule to fit two swim practices in a week with her club. She does extra workouts on her own when she can and also completed a few swims in the Bay of Chaleur during the pool closures this past spring and summer. The Bay of Chaleur is a bit of a misnomer as it's average water temperature in July and August off the shores of Campbellton is only 14° C.

As the present coach of the team Vona keeps track of all swimmers distances and times swum in workouts. She presented her swimmers, at the end of the last season, with a medal, individualized with their distance swum on the back. The distance swum is also converted into how far they have swum in a southerly direction from their home pool. Vona also submitted the participation of herself and her team mates in the Swimming Canada Monthly Challenges during the 2019-2020. Vona contributes to the Campbellton Aquatika Club as a member of their executive for the past several years and as a level III certified official taking time to train and encourage new officials.

In the masters' program Vona learned all the strokes, turns and starts. She has competed in both the pool and open water at regional and national meets. The great coaches over the years, particularly those who encouraged participation in competitions and team mates who also competed have made competitions a fun activity which brings their team closer. Vona's favored part of a swim meet is when she is in the water competing in her events. The second is the social

activities that follow. The warm-up period tops the list of least favorite part of a swim meet. Vona plans to compete in the next World Masters Championships in Fukuoka, Japan.

Passionate about the SPCA, she has two SPCA rescue dogs, she participates in the annual Restigouche SPCA fundraiser golf tournament which was started by her husband.

Living an active lifestyle that includes biking, walking, hiking and skiing, Vona describes swimming as 'her everything'. "It's my form of exercise, my stress relief, my clear my mind activity, my social outing. I get stress relief and exercise from swimming. I continue swimming because I crave it."