

## Heather Woodworth

Heather Woodworth is a native of Rochester who grew up spending her summers on Lake Ontario and the Finger Lakes. She has a longstanding interest in sailing, initially as an enthusiastic junior sailor. Her parents were avid sailors, first introducing their three kids, who often crewed on their C&C 37, "Windshooter".

A Physical Therapist who spent much of her career specializing in adult and pediatric Acute Spinal Cord Injury as well as Cardiopulmonary Rehabilitation, she holds a special interest in adaptive sports, initially working with athletes in adaptive windsurfing and then skiing. She now volunteers her time in Birth to Three.

Heather lives in Fairfield, Connecticut with her husband, Steve, and three children, Cole, Annabel and Amelia. As an active member of Pequot Yacht Club, she sits on the Junior Sailing Committee, is active in Women's Sailing, and occasionally jumps in for a Wednesday evening of racing.

She has many years of involvement in youth sailing, specifically the Optimist class, with all three kids being very active through their time training under Pepe Bettini/LISOT, competing nationally and internationally.

Over the years Heather has developed strong and long lasting relationships with many members of the sailing community, and deeper involvement with USODA seems like a natural fit. She would be an engaged and active member, as she believes in contributing to any organization to which she or her family belongs. She would like to give back to a sport which has given her family so much, in continuing in the support and growth of junior sailors and junior sailing programs.

In her time outside of moving sailboats and surfboards, Heather is a passionate tennis player, paddle player and skier. She can be often found on her paddle board, and has been known to head just far enough off shore to be out of the reach of her children.