



Teena Marie Griggs Award

Teena Marie Griggs has been part of the Hamden Heronettes Synchronized Smim Team for thirty of the team's forty years. She started swimming under the infamous Lichter's, returned as a coach, and has been the team's head coach for 24 years. Teena's dedication to this team extended well beyond the pool area as she committed endless hours at home and at work to make sure this team was a success. She represented us at the local, regional, zone and national level as a vital member of the East Zone and advocating for our team. She has spent most of her life so far committed to the growth and development of many young girls in the synchronized swimming world, many of which sit here today.

The Teena Marie Griggs Award has been established in her likeness. This is an award for outstanding dedication and commitment to not only the Hamden Heronettes but to the sport of Synchronized Swimming. Like Teena, the recipient of this award, must be a model representative of this team and possess drive and passion for the sport of synchronized swimming. Unlike our dedication award, this is an award that could be awarded to an Athlete, Coach, Parent or Contributor to this Organization, as Teena has been all of these things.

This is the first year that this will be awarded, and even Teena did not know that this award was going to be presented tonight. The first recipient of the Teena Marie Griggs Award, has come a very long way since her 11/12 Piglet Solo. Over the past few years, she has grown into a formidable foe on the Zone and National Level, and has done so because of her many hours in the pool and also from her training in dance at ECA. Her love of Synchronized Swimming is apparent though her tireless work on all of her routines and very little complaint when she needs to put in extra hours for figures or team trials. Her love of this sport is also apparent when she is seen doing Synchro moves to hip-hip music both in and out of the water. She is the first in this team's history to be named to a National Team while a Hamden Heronette. The first Annual Teena Marie Grigg's Award winner is Emma Baranski.