

## AMANDA POND

### *2005, swimming and diving*

Pond played field hockey and lacrosse at Wayland High, but it was during the winter swimming and diving season that she made her biggest mark. She was a Boston Globe All-Scholastic as a diver in 2003 and 2005. In 2003, she placed third at the Sectionals and then went on to win the Division 2 state championship with a score of 410.

A three-sport captain, Pond took second place at the Dual County League Championship Meet and was a DCL All-Star in both field hockey and diving as well as being the team MVP for swimming and diving. Her high school regular-season best score in diving was 263.



A National Honor Society student, Pond went on to dive in college at Pepperdine University. After never having competed in 3-meter springboard diving in high school, it became her favorite event at the collegiate level. After many close finishes, Pond won first place in her conference during the 2009 season at Pepperdine with a 60-point lead in 3-meter and a second-place finish in 1-meter diving. She was named PCSC Diver of the Year for that feat.

Amanda and her husband Dash are the new proud parents of son Dash Timothy and currently reside in Virginia. She coaches youth diving and instructs yoga.

“I’d like to recognize my first dive coach, Jim Kelly, who really wanted me to succeed as a diver and went above and beyond to train and motivate me. I would also like to give special thanks to the Meliones family, especially Keith and Caroline,” said Pond, “for driving me to and from late-night meets, and for all the family dinners and discussions I was a part of.



“Of course, much love and gratitude go towards my mom and dad, Tim and Julie Pond, for allowing me to follow my dreams and interests and for supporting me at every game and meet. They taught me balance between sports, academics, and life. I’d also like to thank my older sister, Mel, for paving the way throughout high school, and being a passionate, dedicated, fun and competitive athletic example. She had a profound influence on my athletic career.

“And last but not least, my husband Dash, who at the time was my boyfriend and was my biggest fan and supporter throughout my West Coast competitions. He always reminded me the importance of just having fun, and diving simply because I enjoyed it.”