



H TRAX TRANSFORMATIONS



Carolyn Vanacore

Carolyn Vanacore originally enrolled as a member at the North Haven location in 2009 – at the age of 79! And what a special member she is! She grew up in a time when women did not have as many opportunities to participate in athletic activities. Although she always loved sports, her first experience as a participant wasn't until late in her high school career. She went on to attend New Haven Teachers College – now known as Southern Connecticut State University – where she majored in physical education and participated in club sports in basketball and softball. She enjoyed a long and successful career as a physical education teacher, also serving as coach and intramural activity director for several area schools. She was instrumental in creating equal opportunities for females in public schools and college athletics, beginning many high-school programs for girls, including field hockey, basketball, softball and track and field.

Carolyn has been recognized by many organizations over the years, including being inducted into the Lyman Hall High School Hall of Fame, as well as the Connecticut Women's Basketball Hall of Fame. She has received numerous merit awards, and continues to work part-time as a supervisor of student teachers throughout the State of Connecticut.

Since 1990, Carolyn has participated in basketball and tennis at the National Senior Games which are held every two years throughout the country. In order to qualify for the National Senior Games, a participant must rank 1st, 2nd or 3rd in the local State competition. Most recently, she competed in Birmingham, Alabama and received a Bronze medal in Tennis, competing against other seniors in her age group (85-89) from all over the country.

Carolyn, we appreciate your continued patronage at Healthtrax and the opportunity to assist you in achieving your fitness goals. We are so proud of you and congratulate you on your accomplishments. What a terrific example you set for all of us!