

Achievements

- 1988 Olympic Taekwondo Bronze Medalist, Seoul, Korea.
- 1992-1998 Instructor at Ohio State University Taekwondo Club.
- 1996-2000 U.S. Taekwondo Union Women's Committee Vice Chairperson.
- 2000-2004 U.S. Taekwondo Union Athlete Advisory Committee Secretary.
- 2001 Women's National Team Coach, World Taekwondo Championships, Jeju, South Korea.
- Founded Female Athletes Camp, a grassroots program for female Taekwondo practitioners to have access to training sessions with Olympians as mentors.
- Current member of U.S. Olympians Alumni Association.