



Val Green (Sr Valerie Jaeger Green RSC)

1923 - August 22, 2019

Years active: 1988 -

Clubs: Trinity, West Auburn, Ettalong



Val grew up in Burwood in Sydney’s inner-west and as her parents didn’t have a car, getting to swimming training was difficult. She did however get her life saving certificates and taught swimming until she joined the Sisters of Charity at age 25.

She didn’t think she would ever swim again, however the order bought a beach house with a private beach where she could go swimming.

Val worked as a teacher and was wanting to teach the students to swim however it would take four years for her to be given permission to take the students for swimming lessons. That must’ve been a bit of a surprise for her students when she stepped out of the change rooms in bathers, cap and goggles!

She joined to AUSSI in 1988, and in that year, swam at the World Masters Championships in Brisbane in the 55-59 age group.

Her training regime was for 2 hours from about 5.45am with coach Ruth Everest. Later in the day, she worked as a diversional therapist and recreation officer in a retirement village before heading back to the pool for another hour of training.

Val competed in state and national swimming events as well as the national aerobic trophy competition. She achieved maximum points 3 times and completed all swims 5 times.

Her obituary read:

Sister Val will be remembered for her ministries in infants' school education, social welfare, and as parish sister in Vincentia parish. She was also a brilliant swimmer and coach, the latter continuing well into her seventies.

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| LCM | 27 | 29 |
| SCM | 32 | 38 |