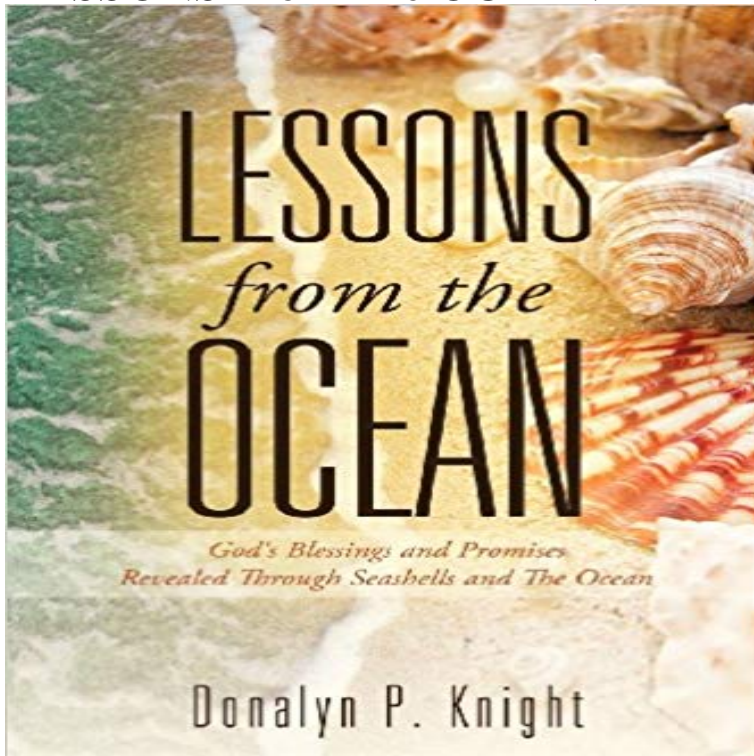


LESSONS From The OCEAN



The inspiration for Lessons From The Ocean came as a result of many walks on the beach at sunset. It was during these quiet times with God that much was revealed to Donalyn about the similarities that exist between the ocean and beach, and what happens in everyday life. After a dear friend encouraged her to write these down, Donalyn realized that this could be something that would uplift, encourage and inspire others. Her wish is that you would enjoy reading it and contemplating it as much as she did actually accruing this over several years. Donalyn Knight is the Founder and President of The Spirited Athlete, Inc. She taught for 38 years at Seminole High School in Sanford, Fl and has over 16 years of extensive athletic coaching experience. While at Seminole High School, she has been awarded over 12 Coach of the Year Awards, Teacher of the Year for Seminole High School and Seminole County and was inducted into the SHS Coaches Hall of Fame there, being presented with The Doc Terwilleger Award. This past year the school named the Outstanding Female Athlete Award after Donalyn. She has worked with Olympic and Professional athletes and served as Fellowship of Christian Athletes Liaison to the WNBA Orlando Miracle. She also worked for USAirways in the evenings for 20 years. Her love of flying, working with people and helping them with their travel needs was something she really enjoyed. Now retired from teaching and the airline, Donalyn is growing The Spirited Athlete which is in its 8th year. The company has a motivational and inspirational product line as well as presenting college-bound athlete seminars, coaches seminars, etc. It is obvious by her endeavors that she has a real zest for life and that is directly related to her relationship with her Lord and Saviour, Jesus Christ. To serve Him above all through whatever it is that Im doing is the

highest privilege of all! To God Be the
Glory!

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