ISOLDE HEDEMARK



Isolde Hedemark. Coach. Mentor. Driving Force, Pioneer.

Isolde Hedemark was the driving force in establishing and developing the Sisters High School swimming program, serving as its coach from its earliest years in 1996 until her retirement in 2011. An accomplished competitive swimmer herself, Isolde brought extensive experience, enthusiasm, and a passion for teaching to the Outlaws. She built the program from two swimmers in 1996 (consisting of her daughter, Hilary, and Shannon Rhodine) into a highly-regarded, exceptional program, guiding athletes to district championships, state competition, and numerous school records. Under her leadership, the Outlaws celebrated multiple individual district champions and strong relay performances, while swimmers of all abilities learned the value of discipline, perseverance, and teamwork. Isolde's influence extended far beyond the pool. A teacher at Sisters High School, she taught as part of the Talented and Gifted Program and German, among other classes, inspiring students through her dedication to education and athletics. Her swimmers remember her as an encouraging, knowledgeable, dedicated, and compassionate coach who recognized each athlete's potential and made everyone feel welcome. Whether mentoring experienced competitors or introducing students to swimming for the first time, Isolde fostered confidence, sportsmanship, and lifelong friendships. Her lasting contributions to Sisters High School and generations of student-athletes exemplify the Outlaw Tradition of Excellence.

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