

**Beth Porch Scruggs '75**  
**Former Executive Director and Founder - Nashville Dolphins**  
**Nashville, TN**

Beth graduated from Harpeth Hall in 1975 and continued her education at the University of Mississippi where she received her B.A. in sociology. After settling back in Nashville with her husband and children, Beth, an avid swimmer, began to volunteer for Special Olympics Tennessee where she would serve as aquatics director for 20 years. Beth was head coach for Tennessee at Special Olympics National Games and traveled to Shanghai, China as USA coach for Special Olympics World Games.

Beth's experience with Special Olympics revealed that there was still a great need in Nashville, specifically in the special -needs community. Drowning is a leading cause of accidental death in that community and adaptive learn-to-swim lessons were difficult to find and costly. She also saw the health and social benefits that consistent swim team practices would provide.

In 2003, Beth began fulfilling those needs by teaching individual adaptive swim lessons and running bi-weekly swim practices at no cost to any participant. Her numbers continued to grow each year, and she realized the need was becoming greater than she alone could provide.

In 2013, with help from a friend, Beth started the Nashville Dolphins, a non-profit that provides free swim programming to children and adults with special needs. The Nashville Dolphins strives to improve the health and quality of life for their participants as well as combats the alarmingly high statistic of drowning deaths. Today, the Dolphins serve over 325 individuals each year from little beginners to competitive swim team participants.

Beth retired as executive director of the Nashville Dolphins in 2022 but continues to serve on the board of directors. Beth and her husband, Cooley, are both enjoying retired life with various hobbies and travel. They enjoy spending time with their two children, Amy Scruggs Adams '01 and Julian Scruggs IV, who both live in Nashville, and their four growing grandchildren.