

MARLIES ROSS



Marlies Ross is an International swimmer who was born and raised in South Africa. She has competed for the South African team since 2013, in numerous international competitions such as World Championships, Youth Olympics, Junior World Championships and Commonwealth Games.

In 2016 she started college at Arizona State University, where she earned multiple NCAA All-American Honorable mentions and still holds the current school record in the 400IM. She graduated in 2019 with a Bachelors in Kinesiology.

She has been coaching as a learn-to-swim instructor and age group coach since 2018. She has hosted numerous swim clinics here in the US and in South Africa. Marlies has worked with World Class coaches like Bob Bowman, Misty Hyman etc. and has learned multiple techniques and drills used by the most elite swimmers in the world. She is excited to be able to bring unique skills to PSC and help the younger generation swimmers become the best swimmers they can be.
