

Stephanie Flores – Assistant Coach



About Coach Stephanie

Coach Stephanie's swimming journey began at just 4 years old with Tucson Ford Aquatics. By age 8, she won first place in the 50 Fly at the 8-and-under championships and earned her first state cut as well. From ages 9 to 11, she consistently placed in the top three across multiple events at the Age Group State Championships. At age 12, she won first place in both the 100 and 200 Fly at that year's state meet and achieved her first Speedo Sectional cut. At 14, she was state champion in the 400 IM and added more Sectional cuts to her resume.

After joining Scottsdale Aquatic Club, Stephanie continued to improve, qualifying for multiple Speedo Sectionals in the 1650, 1000, 500, and 200 Free. One of her proudest moments came at the Senior State Championship Finals: after placing 4th in the 1650 Free, she immediately jumped back in to swim the 200 Fly—no rest—just pure determination. During this time, she also juggled a job at McDonald's, where she learned valuable lessons in perseverance and time management.

After high school, Stephanie swam at Arizona Christian University, where she qualified for the NAIA National Championships in the 1650, 500 Free, and 200 Fly. She is currently pursuing a degree in Secondary Education and is passionate about sharing her experience with the next generation of swimmers.

Fluent in Spanish, Stephanie is dedicated to creating an inclusive environment where every swimmer feels seen, supported, and empowered. Her coaching philosophy goes beyond competitions as she believes in helping athletes fall in love with the process of improvement, proving that hard work and fun can go hand in hand.

Outside the pool, Stephanie works as a videographer and editor for a YouTube channel. She also enjoys running marathons, crocheting, relaxing with a cup of Starbucks coffee, and spending time with her family.