

## TAKAHISA IDE – MASTERS HEAD COACH



### **Groups:** Masters

**Takahisa Ide**, also known as Coach Taco, came to Phoenix 14 years ago, and became an assistant coach for the Phoenix Swim Club where he has coached our top senior group and Masters. Originally from Osaka, Japan, Ide attended Tenri University and was the captain of the swim team his senior season.

Ide is an excellent stroke technician and student of the science of the sport. Last summer he was invited to present a paper entitled “The Effect of Leg Straightness on Lactate Production and Performance in Butterfly: A Case Study Using the Men’s Asian Record Holder” at the International Convention on Science, Education, and Medicine in Sport in Glasgow, Scotland. In addition, Ide is working on completing his Ph.D. in Exercise Science.

Ide has coached swimmers from numerous countries to 10 national records and one U.S. Open Championship. Additionally, he has led swimmers under his tutelage to seven Asian records, seven Japanese national records, and one Ecuador national record.

In addition to his coaching responsibilities with PSC, Takahisa also is beginning his fourth year working with the Grand Canyon University swimming program.