

# COHO Swim Club Coaching Staff

## 2025-2026

### Head Coach

**Steve Frye-ASCA 5**

Groups: *Silver, Gold, Oversight of all groups*

[steve@teamcoho.org](mailto:steve@teamcoho.org)

Office Location: *Sachs Rec Center*

o:847-572-2600

c:847-722-0625



### Head Age Group Coach

**Cece Ostergren**

Groups: *White, Black, Oversight of all Age Group Levels*

[cece@teamcoho.org](mailto:cece@teamcoho.org)

Office location: *Sachs Rec Center*

o:847-572-2622

c:847-722-0813



### Head Developmental Coach

**Alex Savage**

Groups: *Minnows, Chinook & Sharks, Oversight of all Developmental Levels*

[alexs@teamcoho.org](mailto:alexs@teamcoho.org)

Office location: *Sachs Rec Center*

o:847-572-2631

c:616-799-4969



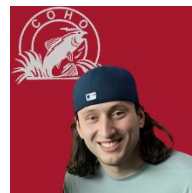
# COHO Swim Club Coaching Staff

## 2025-2026

### Assistant Coach

**Kellen Scanlan**

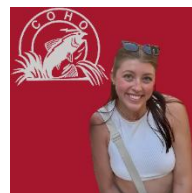
Groups: *White, Blue, Pre-Senior, Sub for all.*



### Assistant Coach

**Sydney Colburn**

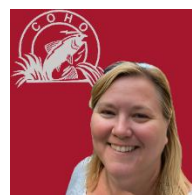
Groups: *Sharks, Red, White, Sub for all.*



### Assistant Coach

**Kim Roy-Hoyer**

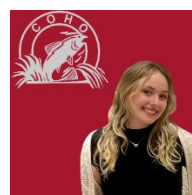
Groups: *Developmental, Sub for all groups.*



### Assistant Coach

**Hannah Greenfield**

Groups: *Works with all groups*



### Assistant Coach

**Gerard Bonar**

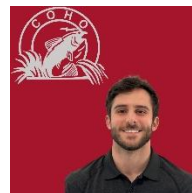
Groups: *Works with all levels.*



### Associate Head Senior Coach & DHS Head Coach

**Ryan Smith**

Groups: *Silver, Gold, Sub for all.*

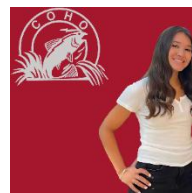


---

### Junior Coach

**Athena Karanikolas**

Groups: *Developmental & Age Group*



### Junior Coach

**Liam Hoyer**

Groups: *Developmental Group*



# COHO Swim Club Coaching Staff

## 2025-2026

### College Age Coach

**Leila Barr**

Groups: Works with all groups when home! Going to Ohio State University



### College Age Coach

**Caroline Hammack**

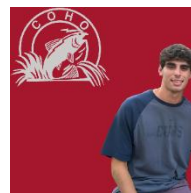
Groups: Works with all groups when home! Going to Vanderbilt University



### College Age Coach

**Zach Berlow**

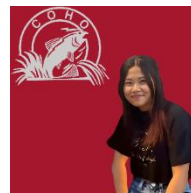
Groups: Works with all groups when home! Going to University of Alabama



### College Age Coach

**Sarah Wang**

Groups: Works with all groups when home! Going to Northwestern University



### College Age Coach

**Ally Shapiro**

Groups: Works with all groups when home! Going to the University of Illinois!



### College Age Coach

**Layla Allen**

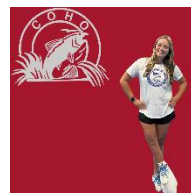
Groups: Works with all groups when home! Swims at Tulane University!



### College Age Coach

**Keegan Knott**

Groups: Works with all groups when home! Swims at Northern Arizona University, is a 2x Paralympian!



# COHO Swim Club Coaching Staff

## 2025-2026

### College Age Coach

***Julia Pintescu***

*Groups: Works with all groups when  
home! Swims at Washington  
University*

