



DEVELOPING CAUSE-DRIVEN LEADERS

THROUGH SPORT



I COACH TO BUILD CONFIDENT, RESILIENT, PURPOSE-DRIVEN LEADERS — IN THE POOL AND BEYOND.

Swimming is more than a sport; it's a training ground for life. My role as your head coach is to guide athletes toward excellence not only in performance but in character, community impact, and leadership. I believe every swimmer has the potential to lead — not by being the loudest or the fastest, but by standing for something greater than themselves.

MY PHILOSOPHY IS GROUNDED IN THREE PILLARS: TECHNICAL EXCELLENCE, INTENTIONAL CULTURE, AND PERSONAL GROWTH.

- **Technical Excellence:** I emphasize mastery of fundamentals — streamline, stroke mechanics, underwater work, and efficient movement. We train with purpose, focusing on quality over volume, and build training plans that respect each swimmer's development stage. I believe smart swimmers become fast swimmers — and that confidence comes from preparation.
- **Intentional Culture:** I foster a team environment built on trust, mutual respect, accountability, and faith. Every athlete contributes to the atmosphere we share — and I expect them to show up for one another. We cheer loud, compete hard, and carry ourselves with dignity. This is a team where everyone belongs and everyone matters.
- **Personal Growth & Leadership:** I view swimming as a vehicle for building cause-driven leaders — individuals who recognize their strengths, lift others up, and act with integrity in and out of the water. I intentionally create moments for athletes to lead, reflect, and step outside their comfort zone. I want them to understand the power of effort, the value of community, and the importance of doing what's right — even when it's hard.

LEADERSHIP STYLE

My coaching is a blend of energy and empathy, structure and flexibility. I give clear expectations and consistent feedback, while honoring each swimmer's individuality. I listen. I challenge. I celebrate. I help athletes find their voice and use it with purpose.

My background in industrial-organizational psychology further shapes my coaching approach — helping me foster team cohesion, communicate effectively, and implement systems that motivate performance while supporting well-being. This knowledge allows me to design training environments that are not only efficient and productive, but also deeply human-centered.

Success isn't just a time on the board. It's the growth of an athlete who now believes in themselves. It's the emergence of a leader who makes their lane — and their world — a better place. If my swimmers leave with stronger strokes, stronger hearts, and a deeper understanding of who they are and what they stand for, I've done my job.

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BETTER COACHING.
BETTER CONNECTION.
BETTER OUTCOMES.

WHY WE CREATED THREE TRAINING GROUPS

Based on our coaching philosophy, we made the decision to structure the team into two age-based training groups — 12 & Under and 13 & Over. This decision reflects our commitment to developmental appropriateness, efficient coaching, and creating meaningful peer and mentor relationships. While these groups reflect broad developmental stages, we design every session to account for the unique abilities, experiences, and needs within them.

Additionally, we have created an invitation-only group for elite athletes aged 14 and older who have demonstrated the maturity, physical fitness, and technical competency required for high-level training. This advanced group allows us to challenge our most competitive swimmers in a focused and rigorous environment while maintaining the developmental integrity of the broader team structure.

HERE’S WHY THIS STRUCTURE SUPPORTS OUR MISSION

- We’re Prioritizing Fundamentals and Purposeful Training: Across all age groups, swimmers benefit most from focused training that emphasizes technique, body position, smart habits, and intentional feedback — not just yardage. This structure allows coaches to design training environments tailored to the common needs of each group, while still providing individualized attention.
- We’re Building Leaders and Role Models Across Ages: Within each group, we foster a culture of mentorship. For 12 & Unders, more experienced swimmers can lead by example, mentor teammates, and develop leadership skills early on. For 13 & Overs, leadership opportunities expand to include peer coaching, accountability, and taking ownership of group energy and commitment. In the elite 14 & Over group, athletes are expected to model maturity and set the tone for the team’s values and standards.
- We’re Protecting Joy and Longevity in the Sport: By grouping swimmers developmentally and adjusting pool time accordingly, we help prevent burnout and foster long-term engagement. Focused sessions ensure swimmers leave practice feeling energized, accomplished, and excited to return.
- We’re Aligning with Long-Term Athlete Development (LTAD): This structure mirrors best practices in youth sport development, which recommend age-appropriate training and progressive development. Grouping 12 & Unders, 13 & Overs, and creating an elite tier allows us to honor each athlete’s path while promoting sustainable, skill-based progression. We Recognize the Diversity Within Each Group:
- All training groups — 12 & Under, 13 & Over, and elite — represent wide ranges of ages, abilities, and technical competencies. That’s why we divide each group into lanes based on these characteristics and tailor workouts accordingly. It’s not unusual for an 8-year-old and an 11-year-old, or a 13-year-old and a 17-year-old, to share a lane if their skill levels align. This structure allows us to coach more effectively, delivering targeted instruction specific to each lane’s needs.



BECAUSE OUR
MISSION IS NOT JUST
FAST SWIMMERS —
IT’S FUTURE LEADERS