



RSA Swim Team Coaching Staff and Office Hours

The coaching staff at RSA boasts a wide breadth of experience, a strong commitment to helping young student-athletes grow and a genuine passion for the sport of swimming.

Brent St. Pierre, Head Coach

brent.stpierre@swimrsa.org

Office Hours: 2:00pm-3:00pm M,T, H

Practice Groups: All

Megan Onstott, Head Age Group Coach

megan.onstott@swimrsa.org

Office Hours: 3:00pm-4:00pm M, W

Practice Groups: PreSenior and Wahoo

Elliot Hunt, Operations Manager

elliott.hunt@swimrsa.org

Office Hours: Upon Request

Practice Groups: Seahorse, SeaStar, and Tarpon

Amy Hess, Head Developmental Coach

amy.hess@swimrsa.org

Office Hours: Upon Request

Practice Groups: Mackerel and Nova

John Hinton, Site Lead for the Bluffs

john.hinton@swimrsa.org

Office Hours: 2:00pm-3:00pm T, H

Practice Groups: All Bluffs Groups

Jenni Martin, Dryland Coach

jenni.martin@swimrsa.org

Office Hours: Upon Request

Practice Groups: All Practice Groups With Dryland

Emma Brown, Lead/Assistant Coach

emma.brown@swimrsa.org

Office Hours: Upon Request

Practice Groups: Bluegill and Redtail

David Cairns, Lead Coach

david.cairns@swimrsa.org

Office Hours: Upon Request

Practice Groups: Blackfin 1, Dolphin, Jack 1, Jack 2, and Mako

Kristy Lai-Harris, Lead/Assistant Coach

kristy.lai-harris@swimrsa.org

Office Hours: Upon Request

Practice Groups: Cobia and Senior Silver

Elijah Horman, Lead/Assistant Coach

elijah.horman@swimrsa.org

Office Hours: Upon Request

Practice Groups: Minnow

Susan Pearson, Lead/Assistant Coach

susan.pearson@swimrsa.org

Office Hours: Upon Request

Practice Groups: All Tarpon Groups

Jacob Cole, Assistant Coach

jacob.cole@swimrsa.org
