

## Meet the Coaches: Coach Stephanie Crofton

**1. How long have you been coaching?**

40+ years

**2. What sports did you do as an athlete, and if swimming, what events did you swim?**

Swimming, biking, running, gymnastics Swimming: Freestyle 50, 100 & 200 free  
I've completed 4 Iron[wo]men competitions (Lake Placid, Florida, Florida & NJ/NY) also  
4 SOS (Survival of the Shwungunks)

**3. What club team did you represent?**

Swam at the FSPY from age of 11-18, College: Clarion University

**4. What brought you to BAC?**

To continue working with young athletes (12 & unders mostly)

**5. Do you have a favorite BAC core value? If so, which one and why? (Respect, Integrity, Accountability, Courage, Perseverance, Pride, Humility, and Commitment)**

RESPECT/COURAGE/PRIDE

We all should RESPECT each other, be COURAGEOUS and try new things at all times, stand up for others when necessary, and be PROUD of what you are able to do, complete or pursue.

**6. Finally, what is one piece of advice you could give to the current athletes at BAC?**

DREAM BIG – never give up on your dreams