

Meet the Coaches: Coach Tristan Formon



1. How long have you been coaching?

I started coaching in the early 1990s

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

I swam backstroke, freestyle and butterfly. Pretty much everything but breaststroke!!

3. What club team did you represent?

Mansfield Swimming Club (UK)



4. What brought you to BAC?

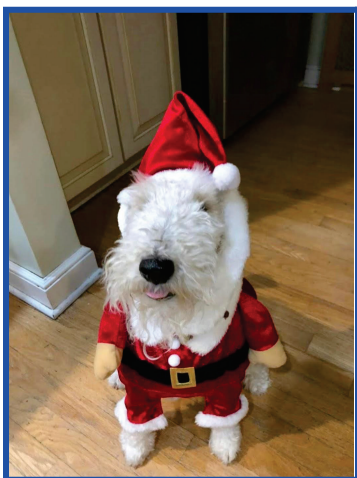
I had the good fortune to walk onto the old BAC pool deck and meeting Towney Brewster and Jim Wood in 1994. And the rest as they say is history.

5. Who is your athlete role model and why?

Michael Jordan - the ultimate team player and professional.

6. Do you have any pets? If so, what animal (s)?

We've had several over the years but presently one dog: Charlie the fox terrier. (Named after my fox terrier Charlie that I had when I was 11)



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

Accountability- ultimately we will all be accountable for our actions

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

Be the best version of yourself each and every day. Strive to improve in the water and support your teammates.

