

Meet the Coaches: Head Coach Art Zawodny

1. How long have you been coaching?

8 years

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

Swam for 8 years as age/group/college. 25+ years of masters. Mostly back and free events < 500.

3. What club team did you represent?

West Morris YMCA (now RANY)

4. What brought you to BAC?

Wanted more opportunities for my son who also swims for BAC

5. Who is your athlete role model and why?

My great aunt. She survived six months in Auschwitz toward the end of WW2. To help recover from injuries she sustained, she was encouraged to swim as part of her physical therapy. She eventually got to be good enough to win many open water races, including beating men, in postwar Poland.

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

2 Pekingese dogs, Waffles and Oliver

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

Integrity. Without doing the right thing, every time, the other values don't mean as much.

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

Every day is an opportunity to be a better "you". Be it school, sports or life in general, live each day to its fullest.