

## **BIO**

Kurt Tuegel (this is long, ouch!)

## **Coaching Experience**

Missouri Dolphins Swim Club 1979-1982 Co-Head Coach

Hazelwood Swim Club 1982-1984 Head Coach

Hazelwood Central High School 1983-1984 Assistant Coach

Clayton Shaw Park Swim Team 1986-1993 Varsity Coach

Parkway Swim Club 1993-1995 Head Age Group Coach Parkway North High School 1994-1995  
Assistant Coach

Kirkwood Webster YMCA 1997-1998 Age Group Coach White Cliff Summer Team 1998  
Head Coach

Hazelwood Elite Aquatic Team 1998-2000 Head Coach

Dellwood City Summer Team 2000-2002 Co-Head Coach

University City High School 2001-2011 Head Coach, 2014-2016 Head Coach

Rockwood Swim Club 2005-2007 High School Prep Coach Crestwood City Summer Team 2007-2009 9-10, 15&Over  
Coach

FAST 2009-2012 Varsity, Developmental Coach

Parkway Swim Club 2012-2022 Red, White, Blue, AGS, Senior 1, Senior Coach Flyers Aquatic Swim Team 2023- Age  
Group 1, 2, Senior 1

FAST 2022-current, Lead Age Group 2 and Lead Senior 1 coach

## **Coaching Honors**

ASCA Level 2

Ozark Central Zones Team Coach 1982, 83, 87, 90, 91, 93

Ozark All Star Team Coach 1988, 89, 90

## **Swimming Experience**

Florissant Area Swim Team (FAST) Bellefontaine Country Club Hazelwood Swim Club McCluer

Senior High School St. Louis Community College at Florissant Valley

NJCCA Honorable Mention All American 1976, 77



Southeast Missouri State University

## Education

Bachelor of Science in Education (Physical Education) Southern Illinois University at Edwardsville Master of Science in Kinesiology (Adaptive Physical Education) Southern Illinois University at Edwardsville Favorite

Stroke Breaststroke

Favorite Event(s) 200 Breaststroke, 400 IM

Favorite Movie(s) Harvey(original), John Wayne/Clint Eastwood cowboy movies Favorite

Food Potato Chips w/ Chocolate Ice Cream (those good eating habits????)

I was born in St. Louis, one of six children, 5 boys and 1 girl. I grew up in Florissant and started swimming around age 7 along with my two older brothers. We started swimming lessons at the YMCA, progressing through the various guppies, porpoise, and shark groups. When I was around age 9, my brothers and I were looking for something else to do. We joined the local AAU team at Bangert Park in Florissant. Some of my fondest summer memories are getting out of morning practice, biking down to the local dairy store for a fudgicide or milk shake. Some healthy eating habits being developed! My two older brothers and I swam for the Florissant Area Swim Team, the original FAST team in the area. The three of us all progressed and swam through our time in college.

For high school, I attended McCluer Senior High (at that time it was a 3 year high school). We practiced at the pool located on the campus of St. Louis Community College at Florissant Valley. I swam placing in the State Swim Meet 2 out of the 3 years. My sophomore year, we scored 4 breaststrokers in the top 12. I placed 12<sup>th</sup>. My senior year, I qualified 2<sup>nd</sup> in the 100 Breast in prelims. In the finals, I was swimming 1<sup>st</sup> through the 3<sup>rd</sup> wall. The last pullout was also my worst pullout with me finishing in 6<sup>th</sup> place. Yes, turns and pullouts do make or break a race!

I started college at St. Louis Community College at Florissant Valley which by this time I considered my home. Several other core high school swimmers also attended and swam at Flo Valley. The group of us place in Top 10 NJCA, earning myself and several others "All- American Honors". From Flo Valley, I finished my competitive swimming career at Southeast Missouri State University in Cape Girardeau, Missouri. My senior year we swam well enough to win the Missouri State Collegiate Conference.

After finishing my swimming eligibility, I returned to St. Louis attending SIUE to also complete my degree. It was also during this time that I started coaching at the Missouri Dolphins Boys and Girls Club in St. Charles. I have made coaching stops with Hazelwood Swim Club, Hazelwood Central High School, Clayton Shaw Park, Parkway, Parkway North High School, Kirkwood-Webster YMCA, HEAT, City of Dellwood, City of Crestwood, University City High School, Master Swimming @ University City, FAST, Rockwood Swim Club, back to Parkway and then again at FAST for a second time. Without leaving the St. Louis area, I have coached for many clubs and in a variety of positions. During my time as their coach, I have had swimmers achieve Junior National qualifying times, Top 10, High School State meet and State Finalists. Throughout all these coaching stops, the hard work, the focus on swimming times, I have tried to always instill an element of fun. Swimming, even top level swimming, should have periods of fun.

I currently reside in Mehlville with my wife, Donna, and two children. Donna retired from St. Louis Special School District after working 26 years. Our son, Joseph (Joe), is currently an architecture student in Berlin. Danielle (Dani) is working as

an EMT in the St. Louis area. Meanwhile I have retired from teaching at University City High School and continue to coach when and wherever possible. My passion for the sport of swimming has, and I feel always, will play a part in my life.