

Coach Tony Daly

I have been coaching for the past 10 years, starting out as a Developmental Age Group Coach for Roadrunner Aquatics in Bakersfield. Primarily working with the 10unders, I was able to produce a few Central California Junior Olympic Qualifiers and Far Western Qualifiers. In my second year coaching at Roadrunner, I produced numerous CCS Junior Olympic Qualifiers and had numerous swimmers attend Far Westerns and final. In 2017, I had athletes post Top 25 times in the country in multiple events. I was named one of the coaches for the Central California Age Group Western Zone team in 2016 and 2017.

During my time at Roadrunner, I was also an Assistant Coach to the CSUB Men's and Women's swim team. I specifically worked with the Middle Distance, Stroke, and IM groups and had the opportunity to coach athletes who qualified for Futures, Nationals, and Olympic Trials (for their respective countries). I gained insight into professional swimming and training cycles as well as worked with recruiting and program managing.

My success at Roadrunner and CSUB led me to take the job as Director of Competitive Swimming at the Bay Club. During my time at Bay Club, I grew the program from being a predominantly rec program to being competitive in pacific swimming. Bay Club had Junior Olympic qualifiers as well as Far Western qualifiers in my year there. In 2018 I was named to the Pacific Swimming Western Age Group Zone Team staff.

In the fall of 2019, I moved to Santa Clara Swim Club and was hired to lead the 11-12s. During my time at Santa Clara Swim Club I had numerous Junior Olympic and Far Western Qualifiers, as well as JO and FW champions. During Covid I was apart of the leadership team that got SCSC back swimming and worked directly with program managing and staffing.

In the summer of 2021, along with Kyler VanSwol, created Milpitas Aquatic Club. In our first year in existence, MAC had numerous JO and FW qualifiers. Numerous JO and FW Champions and had numerous athletes post top 50 times in the nation as well as both 10under Girls relays place top 10 in the nation.

My coaching philosophy is based upon athlete development and growth. A strong part of swimming is the mental belief in oneself, and during practice fostering an environment that not only challenges athletes physically but also mentally.