

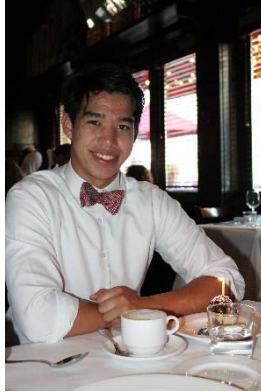
## Pat Tozzi



Contact Info: [demoncoach01@gmail.com](mailto:demoncoach01@gmail.com)

"Coach Pat" is an ASCA Level 4 coach and has over 40 years of coaching experience. He started coaching in 1982, as the assistant coach of the Aspen Hill Swim Team. He has been the head swim coach for the Demons for the last ten years and before that coached for other MCSL teams and at the Upper Montgomery County YMCA. He also has been coaching for the Rockville Montgomery Swim Club for 25 years. Currently, he coaches the National Development Group for RMSC at the Germantown site and during his career he has coached a number of nationally ranked swimmers, including several olympic trial swimmers. He really enjoys coaching swimmers of all abilities and ages, particularly those just starting out in the pool. In his spare time, Pat teaches math at Lakelands Park Middle School in Gaithersburg, Maryland.

## Noah Garvey



MCSL has been part of Noah's life since 2006, when he first joined the Woodcliffe Wahoos as a six year old. Noah swam with the Wahoos for the rest of his 13 year MCSL career, even setting an MCSL record in 2012 in the Boys 11-12 50m Breaststroke.

Summer swimming inspired Noah to compete year round, swimming with RMSC-Germantown from 2007-2015. He then began swimming at Nation's Capital Swim Club coached by Rob Washburn. It was there that Noah qualified for NCSA Junior Nationals and Speedo Winter Junior Nationals in the breaststroke events, and also where he would finish out his competitive career as a swimmer upon graduating from Northwest High School in 2018.

Following his retirement from competitive swimming in 2018, Noah has remained highly involved in the sport through coaching, starting as a coach of the Woodcliffe Wahoos in 2017, and remaining in this role through the summer of 2022. Beginning in fall of 2021, Noah began his club coaching career as head coach of the Bronze 1&2 programs at NCAP-North, where he coaches the 9-12 year old swimmers and works closely with his former coach, Rob Washburn.

Noah is excited to work closely with the community, and is thrilled to be a Demon. Noah would like to thank everyone for welcoming him into the Darnestown Demons family, and looks forward to a great summer!

Contact Info: [ngarvey@krswimming.com](mailto:ngarvey@krswimming.com) (301) 802-9122

## Abby Hanson



Abby has been a Darnestown Demon since 2011 and this is her 3rd year coaching for Darnestown, even though she has been coaching swim lessons for 4 years. She is graduating from Northwest High School this year and was a captain of the Varsity Swim Team for 2022-2023. She will be attending the University of Wisconsin-Madison in the fall. Abby loves to be in the water and really enjoys working with kids. She can teach any stroke and is experienced with kids of all ages. She is looking forward to helping kids improve this summer and is available for private lessons! Go demons!

Contact her at:

Email: [abigailhan055@gmail.com](mailto:abigailhan055@gmail.com)

Phone: (240)499-4456

## Ceila Watkins



Hi everyone, my name is Celia Watkins, and I am a junior coach at DRSC. I am 15 years old and have been swimming for Darnestown since I was 6 years old. Along with my Darnestown swimming career, I have been competitively swimming with RMSC for 8 years, and I am now in the National Training Group. I am looking forward to a great season, and can not wait to help everyone improve this summer!

email contact information:

[celia.watkins@me.com](mailto:celia.watkins@me.com)

## Trey Cook



Hi, my name is Trey. I am a sophomore at Northwest High School and this is my second year coaching with the Demons. I have been a member of DSRC since I was 2 years old and part of the Darnestown Demons team since I was 5 years old. I have also swam year-round for RMSC since I was six. I have made some of my best friends and memories as a Darnestown Demon and look forward to helping others do the same! I cannot wait for another great season with the demons!

Contact him at 301-919-8739

## Lily Wilson



Lily have been a demon since she was 5 years old. She swam at rmisc for 8 years and has been on the Northwest Swim and Dive team for the past 2 years of her high school career. She enjoys playing volleyball and lacrosse on the varisty team at Northwest. She was a demon coach last year and is looking forward to another exciting season as we take on B division.

Contact her at [lilyjanewilson17@gmail.com](mailto:lilyjanewilson17@gmail.com) or 301-500-8921

## Katie Popera



Katie has been a demon since she was 4 years old, starting on pre-team and moving her way up to swim team. Here she fell in love with the sport and the team. Katie has swam competitively all her life, and continues to do so on the Hydrosonic-Tiburones team. She also has been a varsity swimmer at Our Lady of Good Counsel High School for 3 years and will be a captain in her final year. Although she loves swimming, she also loves softball. She has played varsity Softball at Good Counsel for 3 years and was a captain this year. This is her second year as a Demon Swim Coach and she is super excited to get in the water and have fun teaching the little demons the demon way. She can't wait to see the demons take on B division! She is available for private lessons and you can contact her at 301-377-9987 or [pop021@olgchs.org](mailto:pop021@olgchs.org)

## Catherine Brady



Catherine is a rising senior at Quince Orchard High School and is so excited to start her 12th summer with the Darnestown Demons! In the past, she swam with RMSC and trained at SwimLabs, and she also holds the unofficial record for most national anthems sung at DT meets. This is her third summer coaching, and she's super excited to share her love of the team with the swimmers, especially the newest Demons. Catherine is also available for private lessons! Please contact her at [cjb66333@gmail.com](mailto:cjb66333@gmail.com)

## Owen Watkins



Hi everyone I am Owen Watkins, one of the junior coaches at DSRC. I am 17 years old and am going into my tenth year as a Demon and second year as a junior coach. I am also a club swimmer for RMSC and am in their National Training Group. I really enjoy helping the swimmers improve and I'm really excited for another great season!

Cell: 240-252-0053

Email: [owen.watkins@me.com](mailto:owen.watkins@me.com)

## Anna Linteris



Anna is excited to coach this year and can't wait for the summer to start! She is a rising senior at Poolesville high school, has swam for the Darnestown Demons since she was four, and formerly was a year round swimmer. This is her second year coaching at Darnestown. Anna has also been giving group and private lessons for the past two years at Rockville public pool. She enjoys working with kids of all ages and abilities, and is looking forward to a great season! Go Demons! Contact Anna at: 301-674-4098 or [aclint@comcast.net](mailto:aclint@comcast.net)

## Harrison Cerone



Harrison Cerone is excited to be returning to the Demons for his third season of coaching! He is entering his sophomore year at Washington and Lee University where he studies Economics and Politics. He competes on the school's swim team. This past year he was on the breaststroke leg of the program's school and conference record-breaking 400 medley relay. He attended Georgetown Preparatory School for high school where he was Captain and received All-IAC honors. He graduated from the Demons last year, where he holds multiple team and pool records. He is glad to be back on the pool deck and is ready to build on last year's undefeated season! He is available for lessons. Contact information:

Email: [hcerone@icloud.com](mailto:hcerone@icloud.com)  
Cell: 301-250-3227

## Natalia Evans-Gibson



Natalia has been a Darnestown Demon since she was 8 and is stoked to begin her first year of coaching at the pool. She is a rising senior at Richard Montgomery High School with a liking for science, and she has swam on their varsity team for the last three years. Natalia began swimming competitively at NCAP at 10 years old, but moved to RMSC three years later, developing an unfortunate obsession with swimming the 200 Butterfly. Whether in group lessons or on the team, she can't wait to share her joy for the sport at the place that started it all!

Contact at [negsnow@icloud.com](mailto:negsnow@icloud.com) or (240) 507-6689