

PROFESSIONAL BACKGROUND •

Coached young swimmers with Twin Valley Aquatics during my senior year of high school.

Qualified Intellectual Disabilities Professional at Woodland Residential Services from May 2010-June 2019.

Community Services Specialist at Alta California Regional Center since July 2019 and am still in this position.

Received my Master of Public Health degree in June 2022.

SWIMMING BACKGROUND •

Swam with USA Pacific Swimming since age 7 (teams included Indian Valley Aquatics Novato, Petaluma Swim Club, and Twin Valley Aquatics) and finished my swimming career with high school swimming as a Casa Grande Gaucho in Petaluma, CA.

GOALS FOR MY COACHING CAREER•

My primary goal is to guide each swimmer to achieve their highest potential while enhancing their self-confidence. I also strive for all swimmers to have a positive experience while in the pool as they accomplish each milestone and celebrate each success, no matter the size. Go Piranhas!

COACHING PHILOSOPHY•

Each swimmer's journey, challenges, and successes will be different. As a coach, nurturing growth, overcoming obstacles, having fun, and sharing successes is what counts.

FUN FACTS •

When I swam, I loved long-distance events including 200 breaststroke and 400 IM.

I have 2 daughters who swim with the Elk Grove Piranhas.

I have 2 dogs (Bronson and Lola), 3 cats (Mimi, Cat Lilly, and Mildred), and 2 rats (Mac and Cheese).

My favorite meal is anything breakfast.

My favorite shows include The Office and Seinfeld.