

Getting to Know **COACH GRAHAM**



Hi! I'm Coach Graham and I am very excited to coach this season with 757swim. I look forward to sharing my knowledge and experiences with every swimmer and watching everyone grow and improve through the season. Since I am new I'd like to share some things about myself!

I was born and raised in Hampton, Virginia and currently live in Poquoson with my wife, Lisa, and three year old son, Elliot. I graduated from Old Dominion University in 2017 with a degree in Parks, Recreation and Sports Management. I have worked in the youth development field for over 10 years running summer camps, after school programs, and finally athletic directing and teaching physical education at a local private school.

I like to call myself an effort-based coach and love to work technique at speed. You get out what you put into practice all to gain a better understanding of what makes YOU go fast. I grew up playing soccer and I credit most of my swimming success to having a multi-sport background. Because of that, I love to develop the whole athlete knowing that it will only benefit you in the pool as well. I love to be loud and energetic on the pool deck and promise to be your biggest cheerleader. I have continued to swim competitively to maintain perspective as an athlete and to practice what I preach (even if it hurts sometimes.)

Swimming

- Swam summer league but not seriously, it was “cool” to race with board shorts and no goggles
- Was sort of pressured to swim for my high school but started to love the sport
- Joined SEVA my junior year in high school and decided to take swimming seriously
- Had the privilege to swim at ODU, eventually earning a scholarship
- Still hold two school relay records and competed at US Nationals
- Was a 50 and 100 Freestyle specialist, occasionally the 100 Fly and 100 Back, terrified of 200s
- Still compete today and try to maintain a senior champs cut yearly

Coaching

- Intermediate Surfing Coach, Billabong Surf School (Virginia Beach, VA)
- USA Climbing Coach, High Point (Chattanooga, TN)
- Middle School Soccer, Volleyball and Basketball Coach, Trinity Lutheran School (Newport News, VA)
- GPSA Summer League Coach, Poquoson Barracudas (Poquoson, VA)
- Head Age Group Coach and Assistant Head Coach, HVA Current (Hampton, VA)