



COACHING STAFF



Dave Anderson

Dave coaches primarily with Cavalier Aquatics while also coaching our Masters team. He spent the previous three years with 757 Swim in Williamsburg, VA where he was the lead coach of two groups and worked as an assistant with all groups. Dave also served as the Head Coach of the First Colony Flyers, winning the VPSU Championship two years in a row.



John Crane

John is a USMS Level 3 certified coach. Before retiring to Charlottesville, John swam and coached with several teams in the Pacific Masters LMSC. He also serves as a stroke and turn official for USA Swimming and USMS meets and events. John provides a tremendous amount of experience and knowledge of pool and open water swimming to the team, with focuses on sprint and middle distance training.





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Paige Hulsizer

Paige began swimming in her early childhood and started competitive swimming in middle school. She continued this through her collegiate career at Lafayette College, where she was named to the NCAA Student Athletic Advisory Committee in three years and was a team captain in her senior year. In addition to coaching the Masters program, Paige works directly with the Cavalier Aquatics swim team at the Senior Group level, writing and running workouts for a variety of athletes in the program.



Jake McQuiggan

Jake is a USMS Level 3 certified coach, Crossfit Instructor, and Nurse. He swam competitively in high school. He was an assistant age group coach throughout high school and college. He was a Registered Nurse with UVA Health and now a Nurse Practitioner with private clinics. Jake leads the team's dryland program with a heavy focus on core strength and development.

