

## **Jason Memont**

Jason Memont has been the Head Coach of the Darien YMCA for the past four years. In that time, he has helped grow the program by 50%. He has coached multiple CT Age Group Champions as well as helped swimmers qualify for YMCA Nationals for the first time since 2017.

Prior to arriving at PSDY, Jason spent 16 years coaching at three different NCAA Division One schools. After two stints as an assistant/associate head coach at The College of William and Mary and University of South Carolina respectively, he went on to be Head Coach at University of North Carolina Wilmington.

During his time as a collegiate coach, Jason worked with numerous All-Americans and conference champions. He also placed swimmers on Olympic, World Championship, and World University Games teams. In 2012 he brought eight swimmers to US Olympic Team Trials where one qualified for the championship final in the 200m Butterfly.

Before entering collegiate coaching, Jason was a head site coach for the YMCA of the North Shore in Ipswich, Massachusetts where he and his brother coached multiple YMCA National qualifiers.

Jason grew up swimming for the Haverhill YMCA in Massachusetts and went on to be a captain and record holder at Rochester Institute of Technology.