

# 2023 Junior Coach Representative – NOMINEE BIOS

(Candidates are presented in alphabetical order by last name)

## **Rob Adams-Michaud, IVY**

I grew up in Manchester, CT. As a swimmer I started my competitive career at the age of 6, at Glenbrooke Swim and Tennis club and Manchester Swim Club. I would eventually join LEHY, where I flourished. As a High Schooler at Manchester High I was named team captain my Junior and Senior year, was a 2 year CIAC All-State team member, broke 4 school records, and was a 4-time YMCA National qualifier. After high school I went on to swim Division 1 at the University of Delaware. At the end of my competitive career, I stepped away from the sport, not sure what exactly I wanted to do for a job or as a career in the future. I was drawn back to the YMCA and the sport of swimming as a coach.

I've had the pleasure of coaching at the Indian Valley YMCA since January of 2022. As a coach I quickly found myself falling back in love with the sport. Whether it be IVY's National Team or our developmental group, I've emphasized the importance of proper stroke technique and proper race technique. By offering private lessons before practice, I've been able to help many of our swimmers improve their strokes and thus improve their times.

I've had the honor of being able to take multiple swimmers to meets as the acting Head Coach, such as the Eastern Zone Age Group Championships and LC YMCA Nationals. At Zones in 2022 IVY had three first place finishes and three second place finishes in individual events. Both boys who attended placed in the Top 4 for the individual high point award in the 13-14 age group. At IVY's first LC YMCA nationals as a team, we had multiple finals swims and multiple Top 8 finishes.

Through my time as a Y Swimmer I learned that while swimming can be a challenging and demanding sport, you truly are part of a family. The relationships and memories you have with your teammates will last much longer than the memory of a bad swim. I hope to be able to use my experience and knowledge to be able to benefit our swimmers, both in and out of the pool.

## **Sarah Basile**

Currently the Head Age Group Coach of the Mako Swim Club. Previously worked as the Head Developmental Age Group Coach for 3.5 years. Still working closely with the senior & developmental levels of the Mako Swim Club.

Secretary for the CT Age Group Committee

Head Zones Coach - 2022

Attended the Women's Leadership Summit in 2021

**Emma Buckridge, NMEG**

Hi! I'm Emma Buckridge, a highly collaborative and dedicated individual with over 18 years of involvement at various levels in the Connecticut Swimming world - as athlete and then later as a coach and volunteer. I started coaching in 2016 and have increased my involvement in that role greatly, especially within the past 2-3 years. I am applying to be a coach representative because I am interested in doing more for the sport I care about so deeply and to collaborate with other coaches to help facilitate change that is in the best interest of our local swimming community.

I got started as a club delegate for NMEG. Since then, I have represented our LSC at the USA Swimming Women's Leadership Summit in Colorado, and served as a Zones Coach this past long course season. Furthermore, I am a proud member of the Age Group Committee, and have volunteered at meets - most recently at the Short Course Age Group Championship Meet as the announcer and assisted with many additional administrative tasks. I am always looking for new challenges to take on and new opportunities to grow as an individual and within our LSC. I feel I'm just getting started in Connecticut Swimming and have so much to offer to this sport and community. Thank you for your consideration.

**Colleen Carroll, RAC**

Colleen has been involved with Connecticut Swimming since 2012, coaching many years with the former Trumbull Pisces and with Ridgefield Aquatic Club for the past two years. Currently on RAC, she serves as the head pre competitive coach for 10/unders, and assistant to the National, Senior, Age Group and Development programs.

Colleen has served as an assistant coach for the Connecticut Long Course Age Group Zones Team for 2017 and 2018 seasons, as well as the Trumbull High School girls assistant swim coach for the 2018 and 2021 seasons.

In addition to her work in the LSC, she spends summers involved with the Fairfield County Swimming League, has over 8 years of US Masters swim coach experience and 15 years of stroke instruction experience.

**Matt Hurst, CPAC**

Matt Hurst is the Head Coach of Chelsea Piers Aquatics Club. With over twenty years of coaching experience, Matt has worked as an Assistant Coach at Wesleyan University (2006-2007), Southern Connecticut State University (2007-2015), SoNoCo Swim club (2007-2015), and as Associate Head Coach at Penn State University (2015-2022). In 2021, Matt was an Olympic coach for Mexico, coaching Gabe Castano to a FINA 'A' Cut in the 50 freestyle, automatically qualifying him for the Tokyo Olympic Games. In 2017, Matt worked with Irish Olympian and national record holder, Shane Ryan, in preparation for the 2017 World Championships and 2017 World University Games. Matt has also worked with athletes on Team USA, including being added to the National Junior team coaches list in 2012, and in 2009 was an assistant National Team coach with the Dominican Republic at World Championships.

During his time in CT Swimming (2006-2015), Matt was involved in numerous governance projects with the CSI Board. Matt was a member of the Senior Committee, as well as Coach Representative. He was also involved in coordinating two coach learning academy camps in 2013 and 2014.

**Adam King, CPAC**

Adam has been coaching in Connecticut since 2018. He began his Connecticut Coaching career at Greenwich YMCA. After 1 successful season at GRYM Adam moved to the Westport Water Rats. He spent 4 seasons with the Water Rats. During the 2021/2022 season Adam helped coach the Water Rat swim team to back to back Age Group Championships, winning both short course and long course Age Groups. This was the 3rd consecutive Age Group Championship for the Water Rats. During the short course season Adam sent twelve 11-12 year old swimmers to Age Groups. Following the Short Course Age Group Championship Adam took a team of 12 Water Rat swimmers to the Eastern Zone Championship. The Water Rat team was the top scoring CT team at Zones, finishing 12th overall. All the swimmers who attended zones scored and made at least one final. Adam took this success into the Long Course season where he again helped coach the Water Rats to an another Age Group Championship. After the 2022 Long Course Season Adam moved to Chelsea Piers Aquatics Club. Prior to coaching Connecticut Adam coached 16 years in New York as a high school coach and worked with Badger Swim Club for several years.

**Erin O'Connell, CAT**

Erin has been coaching swim teams for over 17 years. She is currently is the Head Development coach for Cougar Aquatic Team out of Haddam. She works mainly with 12 and under/new swimmers and manages social media. She is also the assistant coach for Cheshire High Boys Swimming. She runs the youth swim lesson program for the Haddam Killingworth Rec Department. She is passionate about building development swimmers, and growing their respect for the sport through self confidence."