

Lexi is entering her fifth year of coaching, bringing a lifelong passion for swimming and a strong background in athlete development to the pool deck. She began swimming competitively at age eight, competing for the Cheshire YMCA Sea Dogs and Cheshire High School before continuing her career at the Division I level at Merrimack College, where she served as team captain and earned a Bachelor of Science in Exercise Science. She recently completed her Master's degree in Exercise Science and Human Performance at Southern Connecticut State University.

From 2022–2025, Lexi served as Head Junior Group Coach for the Southington YMCA RAYS Swim Team. She currently serves as Head Age Group Coach for the Cheshire YMCA Sea Dogs, overseeing three developmental groups and leading the age group program for swimmers ages 9–12.

In her first year with the Sea Dogs, Lexi helped lead the age group program to a 2026 Short Course combined team Silver, including a girls' top-two finish and boys' top-eight finish, followed by a second-place combined team finish at 2026 Long Course Age Groups, with the girls placing in the top two and the boys in the top five. The Sea Dogs produced 30 top-eight finishers, 9 top-three finishers, and 4 individual age group champions at Short Course, followed by 23 top-eight finishers, 13 top-three finishers, and 8 individual champions at Long Course. Her female age group program also produced the individual and distance high-point champion at 2026 Long Course Age Groups, who went on to become a four-time individual Zone champion.

Beyond her team's coaching responsibilities, Lexi has been actively involved in the broader Connecticut Swimming community. She coached at Connecticut Swimming's inaugural DEI and All-Star Swim Camp and is an active member of the Connecticut Swimming Women in Coaching Task Force. She was also selected to participate in USA Swimming's 2026 Women in Governance program, further expanding her leadership and involvement within the sport.

Lexi holds the Certified Strength and Conditioning Specialist (CSCS) credential. Her coaching approach emphasizes individualized development, goal setting, consistency, and creating a positive environment where swimmers are challenged to grow both in and out of the pool. She is passionate about developing confident, disciplined, and well-rounded athletes while fostering a lifelong love for swimming.