

The Zeus coaching staff plays a central role in shaping athletes throughout every stage of their development, creating an environment where swimmers grow in confidence, character, and connection while discovering a genuine passion for the sport. The 2025–26 season marked a defining chapter for the program, highlighted by one of the most impressive championship performances in Zeus history. From the opening heat to the final touch, our athletes showed resilience, determination, and an unwavering competitive spirit.

Across the Age Group Championships, Zeus swimmers delivered exceptional results: 21 podium finishes, 9 new team records, 115 lifetime best swims, and four athletes selected to represent Team Connecticut at the Age Group Zone Championships. These accomplishments reflect the collective dedication and expertise of the entire coaching staff.

The Senior Team added another standout achievement to the year. At the Connecticut Short Course Senior Championships, the Senior Men's Team captured the team title, and Zeus secured 3rd place overall. Throughout the season, Zeus athletes rose to the challenge at state, regional, and national competitions, demonstrating the strength and depth of the program.

What makes this season remarkable is the transformation that occurred in just one year. Previously, Zeus placed 12th in the boys', girls', and combined team standings. Rather than accepting those results as a ceiling, the coaching staff encouraged athletes to use them as motivation. Day after day, swimmers committed to the process—showing up, working hard, supporting one another, and trusting the long-term plan. Gradually, they built momentum, confidence, and belief. That steady progress led to a breakthrough. Zeus climbed to 4th place overall, with the girls earning 3rd and the boys finishing 9th. Every point mattered, and every swimmer contributed—proof of a staff that prioritizes whole-team development and shared success.

The impact of the coaching staff extended far beyond the scoreboard. The defining moments of the season came from athletes stepping up for one another, responding to adversity with determination, and finding new levels of performance when it mattered most. The team's energy, support, and unity were evident from the first session to the last. Championships are built through months of consistency, trust, and belief—and this staff provided the leadership that made those qualities possible. The Zeus coaching team is united by a shared mission: to elevate every athlete's performance, strengthen the bonds within the team, and cultivate an environment where swimmers feel valued, supported, and motivated to grow. Their guidance helped turn a 12th-place finish into a top-four achievement, showing what becomes possible when coaches and athletes commit fully to a common purpose.