

Kristen Finnegan

Kristen Finnegan, a member of the Water Rat coaching staff since 2012, currently leads the 9-10-year-old groups and oversees all 12&Under and pre-competitive practice groups. She has coached countless swimmers to become CT Age Group Champions, Eastern Zone Champions, National Age Group Top 10, and CT State and Resident Record holders.

Kristen has served several seasons on the Connecticut Zone Team Coaching Staff and the Staples High School Girls' team, as well as 5 years as the full-time Assistant Swim Coach at Sacred Heart University, a Division 1 women's program in Fairfield, CT.

She is actively involved in Governance, having served on the Connecticut Swimming Inc. Board of Directors as Coach Representative and Coach-at-Large, as well as serving on the the Connecticut Swimming Inc. Age Group Committee, and heading the Women's Initiative Task Force. Kristen's most recent accomplishments in the governance space include launching the inaugural CT Swim HOD Swimposium, as well as collaborating to help run the CT Swim DEI/All+Star Camp. In 2025, she was named 1 of 54 participants from around the country to take part in the USA Swimming Women In Governance Program, and in November 2025, was honored as the Connecticut Swimming 2024-2025 Bill Krumm Age Group Coach of the Year.