

Rob Adams-Michaud, IVY

Currently the Director of Competitive Swimming and Head Coach of the Indian Valley YMCA Swim Team. Been with the team for 3 years. Over 18 years of involvement in CT Swimming as both an athlete and Coach. Working with both Age Group and Senior swimmers. Currently coaching multiple YMCA All-Americans and CIAC Class Champions. Sent two swimmers to Speedo Winter Junior Nationals in 2023. Coach of the current CT Resident Record holders in the Boys 15-16 400 and 800 Yard Freestyle Relays, as well as the Boys 13-14 CT Resident Record holder in the 50 Yard Freestyle. Travelled to Richmond, VA with the CT Swim Zone team in August of 2023 as an Assistant Coach. Looking for more ways to give back to the CT Swim community that has given me so much throughout my life.

Brandon Barone, WEST

Brandon has been coaching swimming and water polo in Fairfield County for the past 13 years.

Brandon's swimming career, which began in his native Baltimore, flourished after his move to Westport at the age of seven. A former Westport YMCA Water Wratt, he has competed at the local and state levels, specializing in sprint freestyle. He also competed for the Staples High School Boys Varsity Swim and Water Polo teams in Westport, captaining the latter in his junior and senior years. Brandon went on to earn his bachelor's degree in Government in 2010 from St. Lawrence University in Canton, NY, competing on the varsity swim team all four years.

Brandon's coaching career began at his alma mater, Staples High School, where he assisted with the Girls Varsity Swim and Water Polo teams. He later became head coach of the Boys Varsity Water Polo Team at Staples. Brandon then coached swimming for the Westport Water Wrats for about two years, primarily working with the 11-12 year old squad. His role ultimately expanded to include the 9-10 year old and 8/under programs. Brandon then worked at Swim 70 in Norwalk, running their 8/under swim program and helping the team win the 2016 Short Course Age Group Championship. Brandon served as the Head Swim Coach at the Stamford YMCA.

Currently, Brandon has been at Weston Swimming since 2017, working initially as the 8/under head coach and for the last three years as the Head Age Group Coach. Over this time Brandon has coached state record holders, and age group high point champions, while growing the entirety of the 12/under program.

Additionally since 2017, Brandon is the Head Coach of Weston High School Girls and Boys swimming teams having won 9 State Championships, and multiple conference titles between the two programs over the last seven years.

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.

Steven Cusano, CAT

Currently in my sixth season as
Head Coach and Lead Senior/National Coach of the Cougar Aquatic Team

Organically grew CAT over 300%

Started on CAT as the teams sole Coach before hiring and overseeing a staff of now 5 Lead/Assistant coaches.

Member of Connecticut Swimming Age Group Committee

PA announcer for Age Group Championships

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.