

USAT Coach Biography

USAT# 528672

I have a Bachelor of Science in education from Southwest Missouri State (Missouri State as of 2005), Springfield-2000. I was a competitive swimmer through high school and began running in college. I have completed a number of half marathons and sprint triathlons, finishing first in my age group during the most recent sprint triathlon, one marathon, and most recently completed my first 70.3 ironman.

I am an American Red Cross professional rescuer instructor as well as a YMCA lifeguard instructor, and swim lesson instructor trainer. I hold a number of YMCA certifications some of which include YMCA lifeguard and principles of competitive swimming. I am currently employed with the YMCA of Greater St. Louis as the Aquatics Coordinator for the O'Fallon YMCA and work with members in various facets of the triathlon sport in a casual fashion. I started the first YMCA youth "try"athon club in St. Louis and enjoyed coaching the group ages 7-12 April through August of 2008. I love working with all ages encouraging them to find their inner athlete and helping them to achieve success with their future endeavors.