

SwimStrongsville Coaching Staff

Nothing has a greater influence on the quality of children's sports than the excellence of the coaching. The SwimStrongsville staff consists of six highly qualified coaches, assuring that the time your children spend with SwimStrongsville will be quality time.

Head Coach - Tom Stacy

The coaching philosophy of the entire team comes under Tom Stacy's direction. Tom directly coaches the Senior Group and regularly assists at Age Group practices. Tom has 12+ years experience as a USA coach. He was the Head Age Group Coach of the Lakewood Recreation Swim Team from 2003 to 2007, consistently producing 12 & Under Zone "AAA" qualifiers. He was a 2008 Lake Erie Zone Coach. He is an instructor at Fast Lane Swim Camp and serves on multiple committees within Lake Erie Swimming. Tom was hired in 2007 as the Strongsville High School Swimming and Diving Team Head Coach. He has had three very successful seasons, most recently winning both girls and boys Sectionals, boys District Runner-Up and sending 14 qualifiers to the state finals! In his inaugural 2007-2008 high school season Tom was named NE Ohio District Girl's Coach of the Year by his fellow district coaches. In addition, these coaches named him NE Ohio District Boy's Coach of the Year for the 2009-2010 season!

Head Age Group Coach - Kelly Baumgartner

Kelly is excited to be involved as head coach of the SwimStrongsville Age Group programs. She is responsible for overseeing the Age Group programs where the future stars of SwimStrongsville are produced. She began her coaching career as an Assistant Coach with the Berea Midpark Swim Club in 2003. She worked with the 9 - 12 year old group until 2006 when she was named the Head Swim Coach for BMSC. Also, Kelly was the Midpark High School Head Boys and Girls Varsity Swim Coach from 2003-2007. She also had a stellar personal swimming career. She was team captain and 4 times Most Valuable Swimmer at Berea High School. In college she was a five time All-American and on an NCAA Championship team. She was a 2009 Lake Erie Quads coach. When Kelly isn't at the pool she is busy teaching science at Berea High School.

Assistant Coach - Dan Christian

Dan has been an assistant coach working predominately with the Development Age Group since December of 2008. Dan has been a water safety instructor at the Strongsville Recreation Center since 2003. He also coached the Strongsville Recreation Center SSL swim team in 2008. Dan was a member of the Strongsville High School swim team his freshman and sophomore years, earning two varsity letters. He also swam for the Berea Midpark Swim Club for 8 years. Dan graduated from Baldwin-Wallace College in May of 2008 with a B.A. in English.

SwimStrongsville Coaching Staff (cont.)

Assistant Coach – Heather Schwager

Heather is SwimStrongsville's newest assistant coach. She was hired in April, 2010 to work with both the Development and Performance Age Groups. Heather has been a swim lesson instructor and life guard at the Strongsville Recreation Center since 2006. She will be a co-head coach of the Strongsville Recreation Center SSL swim team this summer. Heather began swimming for the Berea Midpark Swim Club when she was nine years old. She went on to swim at Magnificat High School, qualifying for districts twice and earning a varsity letter all four years. Heather is currently in graduate school at Baldwin-Wallace College, working toward a Master's Degree in Leadership in Higher Education.

Assistant Coach – Melissa Coughlin

Melissa is the Strength and Conditioning Coach working with SwimStrongsville's Senior and Elite Age Groups. She has been a certified personal trainer since 2003 and she is also a certified group exercise instructor and certified spinning instructor. Melissa was a member of the Rocky River High School Swim Team, where she was a 4 year letter winner and team captain in both her junior and senior year. She graduated from Bowling Green State University in 2003 with a degree in Environmental Policy. Melissa became involved in swimming again as the Assistant Coach for the Westlake High School Swim Team during the 2005-06 and 2006-07 seasons. She came to Strongsville in 2007 as Strength and Conditioning Coach for the Strongsville High School Swimming and Diving Team. Melissa and her husband Dan have a three year old daughter, Mia, and a son, Rowan, who was born on March 4, 2010.