



2010-2011 NORTH OAKLAND WAVES COACHING STAFF PREVIEW

19 July 2010

INTRODUCTION

This document provides a coaching staff preview for the North Oakland Waves 2010-2011 Short Course swim season. Registration and additional information is currently under development and will be made available as the summer progresses. Be sure to check out NOW's website (www.nowswimming.com) for the latest postings and additional information.

COACHING STAFF

<p>Nick Rice Head Coach</p>	<p>Nick is in his first year as NOW's head coach and in his second year on the coaching staff. In addition to overseeing and developing the overall team structure, coaches, and practices, Nick has primary coaching responsibility for the Gold groups. Nick has over 20 years of competitive swimming experience. He has 4 years of collegiate swimming at Wayne State and Metro State and was a 2-time national qualifier in the 200 and 100 backstroke and 400 and 200 medley relay. Nick's gained his previous coaching experience at Cheyenne Mountain Aquatics in Colorado Springs.</p>
<p>Nicole Metcalf Head Age Group Coach</p>	<p>Nicole is in her second year on the coaching staff. Nicole has primary responsibility for the White and Red groups and will assist with the Blue group. Nicole has over 10 years of coaching experience under her belt. She started competitive swimming when she was 9 years old and swam throughout high school and a couple of semesters at Oakland University. Nicole is originally from Shelby Township and is currently living in Pontiac.</p>
<p>Dan Fleming Assistant Coach Drylands Coach</p>	<p>Dan is a new addition to NOW's coaching ranks. Dan has primary responsibility for the Blue group and for Drylands for all groups. Dan will also be assisting with the Red and Gold groups. Dan was a swimmer and diver at Wayne State University where he was a multiple time All- American and National Qualifier. Dan's day job is in the Financial Services Industry.</p>
<p>Steve Larson Assistant Coach</p>	<p>Steve is a new addition to NOW's coaching ranks. Steve will be assisting with the Blue and Gold groups. Has a very accomplished background in competitive swimming as a Three-time High School All-American for East Kentwood High School and was a member of the 1983 Class A state champion 400 Free Relay. In college at Oakland University he continued his success where he was a 19 time All-American, a four year National Qualifier, and the 1987 Division II National Champion in the 100 Backstroke with a time of 51.64. As a coach Steve continued his success assisting for the Groves High School Girls Team where they were Class A State runners up in 1987.</p>
<p>Adam Moorehouse Assistant Coach</p>	<p>Adam is a new addition to NOW's coaching ranks. Adam will be assisting with the Red, Blue and Gold groups. Adam was a competitive swimmer for 13 years including time with NOW and Rochester High School Men's Team where he was captain. Adam has coached with the Stoney Creek Girl's Team and has also worked with Lifetime. Adam is a University of Michigan Graduate with a Bachelor of Science in Psychology degree.</p>
<p>Naomi Watts Assistant Coach</p>	<p>Naomi is a new addition to NOW's coaching ranks. Naomi will be assisting with the White and Red groups. Naomi has been involved in competitive swimming since the age of 8 when she first started swimming continuing through High School and now swims Masters to keep her competitive edge. She has eight years of competitive coaching experience in the area with Lifetime, Poseidon, and Clawson Middle School team. Naomi's day job is as a teacher at Clawson High School.</p>
<p>Lauren Scott Assistant Coach</p>	<p>Lauren joins us for a second year on NOW's coaching staff. Lauren will be assisting with the White and Red groups. Lauren comes to us after a long competitive swimming career swimming for Lifetime, Poseidon, Stoney Creek High School, and NOW for 8 years where she was a state qualifier in the Breaststrokes and 200 IM. Lauren is currently attending Oakland University seeking her degree in Occupational Therapy.</p>