

**John Alaimo** is a native of Blauvelt, NY, where he currently lives. John is a 2009 graduate of Vassar College with a B.A. in History and a concentration in US Foreign Policy. John was a two-time captain of Vassar's Division III Men's swimming and diving team and holds seven school records. John is also a 2005 graduate of Tappan Zee High School where he was captain of the Boys Cross Country (2004), Boys Swimming and Diving (2003-2005), and Boys Track and Field (2005). John's athletic accomplishments include:

- First Team All-Section 1 Swimming (2000-2005)
- First team All-Rockland County Swimming (2000-2005)
- 2005 Section 1 Champion in 500 Freestyle and 200 Freestyle Relay (2005)
- Two-time High School State Qualifier and Finalist for Swimming
- Multiple-time Speedo Sectional Qualifier
- Section 1 Captain at Swimming and Diving State Championships 2005
- Two-time captain for Vassar College Men's Swimming and Diving
- Seven school record holder for Vassar College Men's Swimming (100 Freestyle, 200 IM, 400 IM, 200 Butterfly, 200 Medley Relay, 400 Medley Relay, 200 Freestyle Relay)
- Two-time State Qualifier Cross Country (2003 and 2004)
- 2003 Cross Country Class B State Champion (team)
- 2003 Cross Country Class B Section 1 Champion
- 2004 Cross Country Rockland County Champion
- Two-time First Team All-Section Cross Country (2003 and 2004)
- First Team All-Rockland County Cross Country (2004)
- ECAC Qualifier for Cross Country at Vassar College (2005)
- Three-time First Team All-County Track and Field (2003-2005)
- Two-time State Qualifier Track and Field (2002 and 2005)
- Two-time Section 1 Champion Track and Field: Pentathlon (2002 and 2003)
- Three-time Rockland County Champ for Track and Field: Pentathlon (2002, 2003) and 4x800m relay (2005)
- Two-time National Qualifier for Track and Field: 4x800m relay (2004 and 2005)

John has been coaching for the New York Sharks since he graduated from Vassar in May 2009. Since then, he has become a member of American Swimming Coaches Association (ASCA) and has served as a Metropolitan Zone Coach at the 2009 Eastern Zone Long Course Championships. John is an assistant senior coach for the New York Sharks and currently works with the Senior Group.