

Monica Gomez

I was born and grew up in Barcelona (Spain), next to the Mediterranean Sea. That has been “my backyard” all my life.

I began teaching kids when I was 13. Tutoring kids 8-11 in Math, Science and Language was a great experience, forcing me to keep my grades at the highest level and it gave me the chance to develop skills that have been valuable for me until today.

When I was 18, I spent an entire summer as a multi-sports coach in UK, and trained over 3,000 kids coming from all over the world. It was an exhausting-unforgettable experience.

At the age of 19, I was part of the regional volleyball team. I was the captain of 2 college teams and enjoying every single minute I could spend practicing and playing. At the age of 21, I was invited to be part of the National Volleyball team. However, I had to decline the invitation because that would have meant to leave my studies at the university. Since then volleyball became a hobby and I have practiced dozens of sports as a lifestyle.

After starting Biology and Agricultural Technical Engineering, I got my Bachelor in Business Management by ESERP and the Universidad de Barcelona in 1991. Coaching, teaching and tutoring have been key parts of my life, and would not understand life without sharing with other people all what I learn every day.

In May 2014, I was introduced to swimming as a sport when my kids started to practice swimming daily at Flying Fish Swimming Club. I had the chance to start coaching the Developmental Group.

For me practicing sports and incorporating them as an important part of our life is not only a matter of physical training. Sports, most importantly, help athletes to gain maturity and focus in every activity of their life, enhances their ability to become results oriented persons by developing a positive attitude, and to be consistent and tenacious while learning how to overcome complicated moments when the results are not what they expected after practicing daily. Sports are a basic, shared activity that we practice with our kids at home, giving us the chance to know them better and to strengthen their minds in a positive.

In swimming in particular, all of this has to combine with strengthening their spirit of excellence while they learn and enjoy in the water.