

January Swimmer Spotlight:

George Goff

Years with FCST? 6 – including 2 years back in 1985-86!

Years swimming? Since the age of 3, off and on, including high school, college, and masters swimming

Regular practice group? MWF Lunch

Favorite stroke? Backstroke

Favorite practice set? All of them as long as the coach has a sense of humor. I don't necessarily do the workout as the coach envisions it.

Favorite after practice meal? Anything my wife fixes and I don't fix.

Are you an introvert or extrovert? Introvert

Ideal vacation? Visiting family and friends.

Other interests? Flying and building an airplane.

Notable accomplishments: 13 national top 10 times in all distances of backstroke

George and his wife of over 50 years (which he considers his greatest success), have two married daughters and two grandchildren. George was fortunate enough to have swum for ISHOF Coach Don Watson in high school and then continued swimming into college. His competitive career was cut short his sophomore year by a fractured femur two months before the Olympic Trials that year. He credits that event with advancing his education to its proper priority. George is a Retired US Army Colonel and a member of the Baha'i Faith. He spent 40 years as a dentist with the Houston VA Medical Center, where he was the Dental General Practice Residency Director for 5 years before retiring just over a year ago.