

Matt Beckwith BIO

Over the course of 20 years on the pool deck, Beckwith has developed swimmers at all levels, coaching everyone from Age Groupers to United States National Team members. Beckwith has been named an American Swim Coaches Association Coach of Excellence and is an ASCA level 5 Coach. In addition to his experience coaching athletes in the pool, Matt has coached swimmers to the Junior National and National levels in Open Water swimming.

Matt is a National Strength and Conditioning Association Personal Trainer and carries other credentials including:

- USA Weightlifting Level 1 Coach
- OPEX Coaching Certification Program
- OPEX Movement Specialist
- Precision Nutrition's Level 1 Certification
- CrossFit's Level 1 trainer program and is a National Strength and Conditioning Association Personal Trainer.

Matt sees education as a never-ending process and will continually expand on his base of knowledge to best serve our swimmers, coaches and families.

Matt lives in Allentown with his beautiful wife, Patricia, his daughter, Stassi, and his two dogs.