

# MEET THE COACH

## ALIX CANCEILLO

Coach Alix was born and raised in New Jersey, where she started diving at age 10. Although she has won national and international titles, she was **not** a naturally talented diver. Their story shows that anyone can dive!

After starting the Notre Dame High School dive team with a friend, she was involved in a freak accident (a set of lockers crushed her body), which put her diving career on hold for some time. Even though she couldn't dive, she relearned how to swim with one arm, and ended up competing for Lebanon Valley College's swim team for all four years. At LVC, she obtained degrees in Spanish Education and Special Education, which she uses to be a more effective coach. Coach Alix is also a substitute teacher and Spanish tutor, so they often praise their divers *en español*.

She brings over a decade of coaching experience, having coached youth ages 4-18 in swimming and diving throughout New Jersey, Pennsylvania, and Texas. Alix is certified in Concussion Awareness, Child Safety, and as a Double-Goal Coach through the AAU Positive Coaching Alliance.

In addition to working as the dive coach for the PENN Aquatics team, Coach Alix has worked for South Texas United Diving Academy, as a supervisor for Aqua-Bats, a learn-to-dive program in San Antonio, and as a dive coach for East Coast Masters Diving. They also teach swim lessons back in the Northeast. Alix also created the Kinetic Kids dive team, which is a program for kids with (dis)abilities in the San Antonio area. She is extremely proud of that program!

For Alix, the best part of being a diver is meeting people from all over the world at different competitions. It's a lot of fun to go to different places and experience the language, customs, and culture, all while getting to dive with new friends! Their favorite part of coaching is seeing the positive impact they make on the athletes. It's also important to her to show everyone that people with (dis)abilities—like herself—can be great divers. Her favorite dives to practice are front doubles off 3-meter and reverse flips on 1-meter. Their favorite dive to coach is a front flip.

Outside of the pool, Alix enjoys photography, playing with dogs, watching HGTV, and eating breakfast tacos (it's a Texas thing).

Please DO NOT touch Alix's right shoulder area...it is very sensitive since their accident. The injury resulted in a disorder called RSD/CRPS, which causes extreme pain. If they need pain medicine, it's in the orange pouch on their backpack.