

UMLY COACHING STAFF



TODD CONRAD

Head Coach

Lead Coach Senior 1

Email: tconrad@ymcagbw.org

**Joined the UMLY Family: October
2020**

With over 20 years of coaching experience, Coach Todd has seen success at all levels of swimming throughout his career. While in California, Coach Todd swam for the University California, Irvine. After graduating with a graduate degree in Education, Coach Todd spent 14 years as the Head Coach of the Coto Coyotes, before taking the General Manager position at the Mission Viejo Nadadores. There, Coach Todd worked with Olympic Coach Mark Schubert and was recognized as the 2018 Orange County Register's Swim Coach of the Year. After a successful stint with the Nadadores, Coach Todd went on to coach and manage operations at the Fullerton Aquatic Sports Team.

Throughout his club swimming career, Coach Todd concurrently served as the Aquatics Director and Girls swim coach, going 27 and 1 with six consecutive league championships, taking a previously unranked team into a top 15 national spot.

In addition to his various coaching assignments, Coach Todd was also the Head Coach of Southern California Swimming's All-Stars teams, served as the Orange County Age Group Chair, and currently serves as the Finance Chair on an LSC Board.

Coach Todd is passionate about helping athletes grow and succeed not only in the water, but out of the water too!



OWEN EDWARDS

**Director of Competitive Aquatics
(Associate Head Coach)**

Lead Coach Age Group 3 and Senior 2

Email: owedwards@ymcagbw.org

Joined the UMLY Family: August 2021

Coach Owen has been an avid swimmer his entire life. Starting at age 3 taking lessons at the YMCA, Coach Owen quickly made waves in the pool and became an asset to any team that he swam for. He had the privilege of swimming for Bishop Shanahan High School and the Lionville YMCA until this senior year, when he transferred to UMLY. Coach Owen was a National Qualifier, PIAA High School State Qualifier, and competed at the US Master Nationals in 2013. Although swimming was his life, Coach Owen shared another love for running and competed at Indiana University of Pennsylvania on the Cross Country and Track & Field Team. His determination and drive to be a better athlete pushed him to train in swimming again after a couple years off, which led to him making the team during his last year at IUP.

Coach Owen started his aquatic career as the Aquatic Coordinator at the Lionville Community YMCA ("LCY") in September 2014 and was promoted to Aquatic Director in February 2015. Coach Owen also volunteered his time as a coach at Downingtown West High School for both swimming and diving. In August 2016, Coach Owen became the Head Swim Coach of the LCY Riptides until April of 2020. During this time, he successfully coached swimmers at all levels of competition for both YMCA and USA Swimming. Coach Owen's knowledge, fun loving, and competitive spirit is showcased in his coaching both on and off the deck. His passion and drive helps to make swimmers not only better at swimming, but also to be one united family and will give this team a new edge.



JARED MESSICS

**Assistant Director of Competitive
Aquatics**

**Lead Coach Age Group 2, Age Group
1 Red, and Senior 3**

Email: jmessics@ymcagbw.org

**Joined the UMLY Family:
October 2021**

Coach Jared was born and raised in Bethlehem, PA, where he first learned to swim at the Bethlehem YMCA. Twelve years of swimming experience landed him his first coaching job at Hanover Stingrays Sumer Swim Team for four summers. Coach Jared also coached at Jennersville YMCA, where he worked primarily with the 11-12 age group. While coaching at Jennersville YMCA, Coach Jared graduated from West Chester University with a degree in Exercise Science and is currently pursuing certification in becoming a Strength & Conditioning Specialist. Over the past year, Coach Jared has assisted with the AG2 and AG3 groups at UMLY. He is dedicated to each and every swimmer that comes through the door.



JAMES KRULL

Lead Coach Age Group 1 Blue

Email: jamiokrull@yahoo.com

Joined the UMLY Family: March 1992

Dr. James (“Jamie”) Krull can only be described as a lynchpin of the UMLY swim team and the greater YMCA community. Despite being an active physician, Coach Jamie has found the time to volunteer decades of service to the UMLY. He was recognized at the 2019 YMCA Short Course National Meet as the YMCA National Coach of the Year.



WILL SARGENT

**Assistant Coach Age Group 1 & 2
Blue**

Email: william.sargentjr@icloud.com

Joined the UMLY Family: 2022

College: 1994 B.A. Biology Johns Hopkins University (swam 1990-1992).

Swimming/Coaching Experience: After enjoying summer swimming when he was younger, Coach Will started swimming year-round during high-school in St. Louis, MO. He finished his high-school swimming career at Somerset Hills YMCA as part of their YMCA National Team with Coach Gary Thorp. He swam for Johns Hopkins University with Coach George Kennedy in the early 90s as a sprinter and backstroker. He enjoys getting back in the water to keep improving his strokes and continues to be a life-long fan of the physical and mental benefits of swimming.

Coach Will has two children, Liam (Case Western Reserve swimming, 2026) and Devyn (Yale swimming, 2028), who both grew up swimming in the fantastic culture at UMLY's swim program. He started coaching in 2022 after he saw how much swimming technique had changed and wanted to understand and share these insights (especially the benefits of underwater butterfly!) with motivated young swimmers. He really enjoys teaching and helping develop young aquanauts to realize their full potential both in and out of the pool.



KRISTINA HALNER

Lead Coach Minis

Email: kristinahalner@gmail.com

**Joined the UMLY Family: November
2019**

Coach Kristina graduated from Bloomsburg University in May 2016 with a degree in Elementary Education (Pk-4). Since graduating, Coach Kristina has been actively substituting in the Central Bucks and North Penn School Districts. Coach Kristina's first experience as Boy's Head Coach was for the SAL team, South West Aquatics Club ("SWAC"). While coaching at SWAC, she was also a part of the coaching staff at the Central Bucks Family YMCA (Doylestown). In April 2018, Coach Kristina became the Director of Competitive Aquatics for the YMCA of Bucks County (Tri-Hampton YMCA), where she led the Senior, Age Group, and Pre Age Group levels through their 11-month season. Coach Kristina is excited to be a part of the UMLY team!



LEXI RAUTH

Assistant Coach Age Group 1

Email: lexirauth@aol.com

Joined the UMLY Family: May 2014

Coach Lexi grew up in Glenmoore, PA and has been swimming since the age of 7. Coach Lexi spent nine years swimming at the UMLY, where she attended ten YMCA National meets during her time on the team. After her time as an UMLY swimmer, she attended Connecticut College to continue her academic and athletic career. Coach Lexi began coaching the UMLY Otters during her summers at the age of 15 and has stayed committed to the team since that time, coming back every summer during college to coach the UMLY Otters. Coach Lexi now attends Villanova University and is pursuing a Master's degree. Being back in the area, Coach Lexi coaches year-round and helps multiple age groups in the UMLY program. "UMLY gave me so much, and I am lucky to have to opportunity to return and help give the swimmers of this program the same valuable experience I had! There is truly nothing like UMLY - I wouldn't be where I am today without the experiences, opportunities, and village of people it gave me." - Coach Lexi.



GUDRUN (“GIGI”) GRAESSER

Assistant Coach Age Group 1, Age Group 2, and Senior 2

Email: gudrungraesser@yahoo.com

**Joined the UMLY Family:
September 2001**

Whether competing, coaching, or supporting her children’s swimming careers, Coach Gigi has been involved with swimming in some capacity for the last 50 years.

With over 20 years of coaching experience, Coach Gigi has led practices for swimmers of different age groups in Germany, at UMLY, at Pennypacker Country Club, and at Downingtown East High School as the Boys Head Coach.

In the Summer of 2000, her family moved to the USA, where her three children found a competitive swimming home at UMLY, and Gigi started her coaching career soon after under Coach Jamie.

Coach Gigi’s favorite stroke is coaching the IM and focusing on proper techniques to prevent injuries.

Coach Gigi’s now-grown children swam for UMLY year-round and graduated from Division I and II universities as active members of their respective swim teams.

During the warmer season, Coach Gigi logs many miles in the 50-meter pool.



HEATHER BURNS

Assistant Coach Age Group 1

Email: heatherburns18@yahoo.com

Joined the UMLY Family: 2014

Education: 1993 B.S. Elementary Education, Miami University, Oxford, OH; 2000 M. S. Educational Counseling, Southern Connecticut State University, New Haven, CT.

Swimming/Coaching experience: At age 8, Coach Heather swam at a summer swim league after she passed all the levels of swim lessons. The swim instructor suggested that she try out for the swim team. She cried behind the blocks before her first race. Her dad turned to her and said, "Just try it once, and you will never have to do it again." She was hooked after her first swimming race!

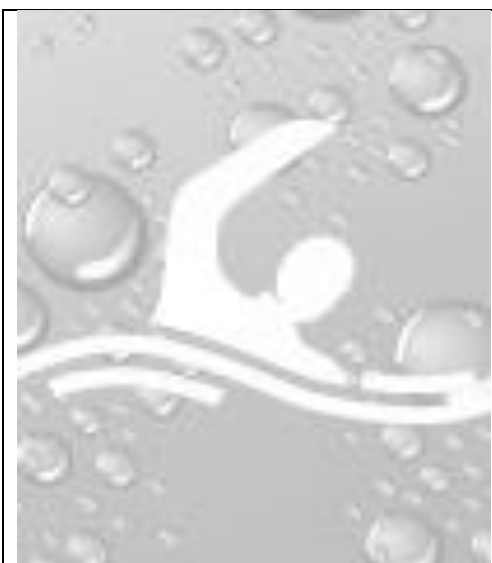
At age 11, Coach Heather started year-round swimming for Radnor Aquatic Club and then for Suburban Swim Club. She moved to Clearwater, FL at age 15 and continued age group swimming with West Florida Lightning Aquatics. After high school, Coach Heather swam for Miami University.

Coach Heather moved to Fairfield County, CT after graduating college. She began to swim competitively for a Master's swim program at the Westport/Weston YMCA. Knowing her education background, the aquatics director asked her to work as a swim instructor at the YMCA. She instructed campers in the mornings and taught private lessons in backyard pools in the afternoons. She also taught private swim lessons for 14 years. While she was teaching fourth grade in Weston, CT, she was

asked to be the assistant swim coach at Weston High School. Periodically, she would also coach an age group session at the Westport YMCA, while attending graduate school and teaching full-time. In 1997, Heather met her husband, Eric, at the Westport YMCA through the Master's swim team.

In 2009, Heather and Eric relocated to the Philadelphia area. It was during that time that their children, Brendan and Delaney, started swimming for UMLY. Coach Heather still swims frequently at UMLY. Every year for their anniversary, Coach Heather and Eric compete in an open water swim to celebrate their love of swimming! Currently, Coach Heather is a college counselor at Delaware County Community College.

What Coach Heather likes about coaching: Swimming is about getting a swimmer from point A to point B in the quickest and most efficient way possible. The joy of coaching comes from teaching a swimmer the life lessons that are learned during that process, while pursuing that endeavor.



CATHI DALLOT

Assistant Coach Minis

Email: cathiwants2talk@verizon.net

**Joined the UMLY Family: September
2000**

Coach Cathi grew up in Menlo Park, CA, where she developed her love of swimming at a private club. Coaching kids over the last 20 years and watching them discover their love of swimming has been a particularly joyous part of Coach Cathi's life. Coach Cathi and her husband have two children and three grandchildren. She enjoys spending time with family and friends, traveling, gardening, and of course, swimming!



PHIL MUNGER

Assistant Coach Age Group 3, Age Group 1 Red, and Senior 3

Email: coachphilmunger@gmail.com

Joined the UMLY Family: September 2012

Coach Phil grew up in the area, swimming for UMLY on and off as a kid while attending local T/E schools and graduating from Conestoga High School in 2005. Coach Phil attended and swam at Washington College in Chestertown, Maryland and graduated with a degree in History in 2009. After graduating, Coach Phil worked in local T/E schools for a year before obtaining his Master's degree in teaching from Towson University in 2012. While in Maryland, Coach Phil headed the age group program for a local club team, Cardinal Gold Aquatics ("CGA"). Upon returning to Pennsylvania in 2013, Coach Phil began coaching UMLY's age groups, leading the Girls B team, and coaching the Varsity team at the Martin's Dam Club during the summers. Coach Phil has loved his past ten years with UMLY and looks forward to many more years to come.



TED RAUTH

Assistant Coach

Email: tedrauth@aol.com

Joined the UMLY Family: May 2008

Coach Ted swam club swimming and high school in the Pittsburgh area a long time ago. He also officiated high school swimming in Connecticut in the early 1990s, and started officiating and coaching at the Lionville Community YMCA ("LCY") in September 2000. In September 2008, Coach Ted moved over to UMLY and has been officiating and coaching here ever since that time. Coach Ted and his wife, Laura, had their three children swim at LCY and UMLY from the age of seven years old through high school, and all three children swam competitively in college.



GALEN GENNARIA

**Assistant Coach Senior 3 & Age
Group 1 Red**

Email: galengennaria@gmail.com

**Joined the UMLY Family: September
2016**

As an avid swimmer, Coach Galen greatly appreciates the dedication and determination that is required for success in competitive swimming. Coach Galen enjoys coaching every level of swimmer and helping them to achieve their full potential in and out of the pool. Coach Galen leads the Senior 3 and Age Group 1 Red groups and is the lead coach of the Boys B team during the winter season. Coach Galen places great emphasis upon fostering a positive training environment for individual and team success. He is currently pursuing a Bachelor's degree in Mechanical Engineering from Drexel University.