USA Swimming Member since age 4, Former Athlete at Three Village Swim Club, Hauppauge Swim Club, Johns Hopkins University, Stony Brook University

Current Coach and Meet Director at Hauppauge Swim Club
Former Coach at Three Village Swim Club, Coni USA, Salo Swim Camp, North Shore, and Stony Brook University
- Groups from 8 & Under through Senior
- Athletes achieved multiple club or school records
- Athletes coached have included Silver, JO, Senior Mets Qualifiers, US Paralympic Trials Qualifier, NCAA DI Qualifiers, 2008 Olympic Games Qualifier (Panama), Italian National Youth Games Champions

Current LSC and National Certified Official with extensive experience at LSC, Zone, and National Meets including:
- Administrative Referee at Senior Mets, Sectionals, multiple Open Water Nationals, 2016 US Paralympic Trials, TYR Eagle Invite, and Greek Orthodox Archdiocesan District Olympics
- Meet Referee Metro Open Water Championships, many meets in Metro
Referee for Open Water Nationals, Open Water Junior Nationals, Y States
- Chief Judge at Junior Nationals, Futures, and Team Lead at Southern Zone Seniors

Governance Experience
- Current Metro Open Water Committee Co-Chair and Administrative Review Board Chair
- Current Parliamentarian for the Long Island Swimming Officials Association
- Former Secretary Fordham University APALSA
- Former USA Swimming National Board of Review Member and Panelist
- Former NYC Bar Association Science and the Law Committee Member
- Former USA Swimming National Operational Risk Committee Member
- Former Metro Safety Chair
- Stony Brook University Student-Athlete Advisory Committee Member