



**Brian-Head Coach:** Brian has been coaching competitive swimming for just short of 30 years. He started as an assistant with the YMCA in 1986 and became head coach from 1990-93. Brian started Quicksilver in 1995 and has lead our program to numerous conference and YMCA State Championships, several top 5 team finishes at the Midwestern Championships, and has coached many to qualify for All-Star, Zone, and national level meets. Brian coaches the Senior and Black groups for Quicksilver. Brian is also the Islander High School Swim Team head coach since their 2004.



**Carole-Q51 Level:** volunteer for Q51 (developing swimmers) for the past 8 years. Carole grew up swimming in the Midwest eventually joining the University of Nebraska Lincoln Team from 1986-90. Carole was UNL team captain, a Big VIII champion, NCAA All-American, and NCAA Academic All-American. Carole is mom to 5 kids elementary to college aged with 3 currently swimming for Quicksilver, 1 of those 3 also swims on the Islander team. Carole's 2 oldest are currently swimming in college, both former club and HS swimmers.



**Brenda-Q51:** volunteer for Q51 (developing swimmers) for 4 years and is also a meet Official for Quicksilver and Islander HS Team. Aside from volunteering she is a full-time firefighter paramedic for Grand Island Fire Department and works as a registered nurse in the emergency department at St. Francis Medical Center. Brenda was a competitive diver and swimmer in high school. Brenda loves helping kids find positive ways to cope and improve their overall health. Brenda is mom to 4 kids ranging 21-12 with 3 currently swimming for Quicksilver, 1 of the 3 swims on the Islander team.



**Andy-QS1 and Silver:** a volunteer for 3 years who started coaching when his daughter joined Quicksilver. Andy is a retired Firefighter/Paramedic and continues to work in public service as a law enforcement officer. Andy also volunteers as a Firefighter/Paramedic in Cairo. Andy currently has a daughter swimming for Quicksilver; he is married, and is an avid outdoorsman.



**Sara:** 2nd year volunteer for Quicksilver with previous experience coaching age group swimmers, teaching advanced swimming lessons, and coaching her own children in the sport of triathlon. Sara is happily married to her best friend, Todd, and together they have 5 children from elementary to HS age. Sara homeschools her children and practices as a dental hygienist. Sara grew up swimming in California and then at UNK. Sara enjoys teaching stroke technique, watching confidence grow with mastering skills, and looks forward to helping kids develop into people of character who have a lifelong love for swimming.



**Janessa:** 3rd year volunteer who swam throughout high school and at UNK. Janessa is a full time middle school teacher in Grand Island and part time driver's education. Janessa enjoys coaching in her spare time and sharing her love for competitive swimming. Janessa is a new mom and hopes her child will become a very active member of the swim team in a few years.



**Rachel-Silver:** Full-time coach dedicated to the Silver Level as of 2018/2019. We are so excited to have a one coach for our Silver group!! We will do our best to utilize 2 coaches as schedules allow. Rachel is an amazing asset with a recent history swimming for Quicksilver, Grand Island Senior High, and for the College of St. Mary. During her years on the team she made State multiple times. Rachel coaches while still attending college. Welcome to the coaching team! :)



**Dan:** Interim volunteer coach. Dan grew up swimming in California and then collegiately at the University of Nebraska Lincoln from 1985-89 serving as team captain his junior and senior years. Dan is a former Big VIII champion, NCAA All-American, and NCAA Academic All-American. Dan periodically fills in on deck for meets and coaches between seasons. Dad to 5 kids elementary to college aged with 3 currently swimming for Quicksilver, 1 of those 3 also swims on the Islander team. Dan's 2 oldest are currently swimming in college, both former club and HS swimmers.

*(Not Pictured)*

**Jennifer:** 2nd year with several years coaching Kearney High School Swimming and GNST Kearney Club swimming. Jennifer grew up swimming in California then attended the University of Colorado majoring in Chemistry and secondary science education. Jennifer taught high school math and science and coached cross country and track. Jennifer is very active with the youth in her church.

- We are here to support your needs. If you have questions related to workouts, meets, events, goal setting, or other swimming related needs; please contact one of the coaches.
- For questions related to YMCA dues, safety, and policy issues; please contact **Melanie Horkey-YMCA Aquatics Director** at [395-9622](tel:395-9622).
- If you have suggestions or recommendations for the website, please email Liza @ [lizalynn799@gmail.com](mailto:lizalynn799@gmail.com)