



Coach (Aquafarm)

Highlights:

- Experienced Age Group coach
- ASCA lifetime member
- Certified stroke technician
- Completed ASCA Level 5 coaches training
- Masters Level 2 certification
- HS and summer league coach

Snapshot

Sue Acampora began her swimming career at the age of seven at her local summer league team in Northern VA. For several years Sue was coached by the future Coach of several Olympians including Edwin Moses. She became an All Star Swimmer in the No.VA Swim League in both breaststroke, and butterfly. Soon after she finished High School, Sue pursued her passion for aquatics at a newly built YWCA in Fairfax Co. As Water Safety Instructor, she taught swim lessons and lifeguarding. It was at the YWCA that she was mentored by Olympic Gold Medalist Melissa Belote, who coached there.

Eventually Sue moved on to a large pool management company. She became the Executive Assistant to the company owner. It was during this time she met her husband Art, a pool member.

Sue and Art married and relocated North of Baltimore, where she raised her two daughters, Ashley, and Kristen. As an avid volunteer, Sue ran a Church nursery, Girl Scout Troops, PTA Social, and fundraising committees, a dance supply store, and was a co-op preschool parent. Sue realized her greatest joy came from working with children.

Sue moved to Winston and joined the Central YMCA. After a short time she was asked to teach and coach swimming there. Taking the helm of the "Squid Squad" was a natural fit. Working with the WSY developmental team, Sue built the swim lesson program into a feeder for the competitive programs.

Sue has taught/coached many of the top swimmers in the State. Sometimes she reminds her swimmers, "I may never be your Coach at the Olympics, but I may be the one who got you started".

Sue spends her time off at Coaches Clinics, and advancing her knowledge in the evolving sport of swimming. Sue is a Lifetime Member of the American Swim Coaches Association and attends their World Clinic annually. She is a Certified Stroke Technician. Sue also has completed ASCA Level 5 Coaches training (the highest level), as well as Masters Level 2 certification.

Sue has been the Parkland HS Swim Team's Head Coach for seven years. From meager beginnings, she has developed her team to the Regional and State (4A) level. She is also the Director of Aquatic Education at Westwood Swim and Tennis Club in the summer.

In 2012, Sue began coaching Enfinity Masters and "Blue" groups. Today, many of those swimmers are highly accomplished athletes. After a brief hiatus from the Team, Sue is back with Enfinity in 2017. Sue is very proud of the Nationally recognized Team of which she was one of the first Coaches. With her, she brings many skills, but perhaps her greatest strength is in the development of individual swimmers, and Teams.