

Meet the Coaches: Coach Meredith Formon



1. How long have you been coaching?

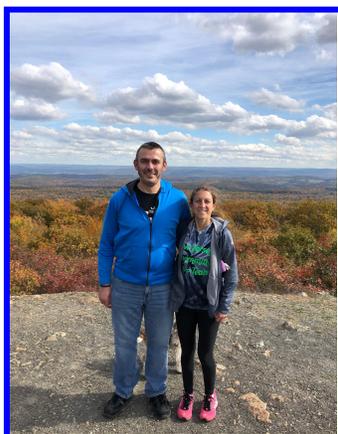
14 years

2. What sports did you do as an athlete, and if swimming, what events did you swim?

I ran cross-country as a high school and college athlete. I then competed with Masters Swimming after college.

3. What club team did you represent?

BAC Masters



4. What brought you to BAC?

My husband, Tristan, coached at BAC and I wanted to get involved teaching swimming. I was certified for WSI and began teaching swim lessons in 2001. I then decided to get my coaching credentials in 2008. I admired the values that BAC instills in its athletes, the team spirit, and the hard work ethic.

5. Who is your athlete role model and why?

My son Gavin is my role model because he works hard each and every day. He has overcome challenges and never gives up. He supports his teammates and loves the sport.

6. Do you have any pets? If so, what animal (s)?

I have a wire-haired fox terrier named Charlie. He has a huge personality and even has his own instagram account.

7. Do you have a favorite BAC core value? If so, which one and why? (Respect, Integrity, Accountability, Courage, Perseverance, Pride, Humility, and Commitment)

Perseverance is my favorite core value. In our journeys through sport and life, we will encounter many challenges. We need the perseverance to keep going and to overcome any obstacles in our way. With perseverance, anything is possible.



8. Finally, what is one piece of advice you could give to the current athletes at BAC?

Enjoy the process- enjoy each and every workout and every swim meet. Treasure the friendships as friends will get you through any challenges. And finally, have fun and believe in yourself!

