



## **Assistant Coach Eric Lau**

### **PROFESSIONAL BACKGROUND**

- Coaching since 2017 (Elk Grove Piranhas)
- 75+ hours of volunteer work with clubs like Key Club

### **SWIMMING BACKGROUND**

- Swam 8 years in total and continuing (1 with the Cordova Blue Marlins, 7 and counting with the Elk Grove Piranhas, 3 with CRA/EGAC, and 2 and counting for the Franklin High School [FHS] )
- 2nd Place at Comstock League Champs, 3rd Place at Sacramento Meet of Champions for 2015 High Point Awards
- Helped win CIF Sections on FHS JV team in 2016 (First in EGUSD history)
- Qualified for CIF State Championships for the 200 Medley Relay on FHS Varsity team in 2017 (First in EGUSD history)
- 7x CIF Sections Finalist for FHS
- Multiple time finalist for Comstock League Champs and Meet of Champs
- Finalist for 200 Fly at 2017 Washington Open
- Holder of 5 swimming records at Franklin High School (200 Medley, 200 Free, and 400 Free Relays; 100 Fly and 100 Back as individuals). Side note: I took the 100 Back record from my own coach (Joey).

### **GOALS FOR MY COACHING CAREER**

- My current goal is to help younger swimmers develop a sense for swimming in the water and help improve their technique using what I've learned and my own experience.

- I hope to be an inspiration both in and out of the pool for the swimmers, and make sure that their experience with the Piranhas is a rewarding one.

## **COACHING PHILOSOPHY**

- The right mindset towards swimming is what will help a swimmer the most. Helping them do sets and drills will just be “garbage yardage” if the swimmer does not love the sport or take pride in what they do. But a positive approach to swimming, a perception of swimming as a “fun” sport, is what will help an athlete develop most effectively both mentally and physically. I hope to emphasize the right mindset for swimmers so they get the most out of anything they do in the pool and in life.

## **FUN FACTS**

- When I started swimming, I wasn't very good at it whatsoever. I didn't want to put my face in the water and I couldn't do flip turns. However, I had great coaches who helped me overcome my initial fears and lead me to begin to love swimming as a sport. But bigger obstacles began to arise as I started working to become a faster swimmer. I wasn't very tall or strong as my competitors, and I didn't have as much previous training as they did. However, I was determined to grow faster, and with help from various coaches, I started progressing rapidly. I did things that no one else would do, such as go the extra yards in practice, go to every practice I could, and watch film of myself to find and fix problems I had in races.
- It was true that my improvement demanded many sacrifices, but I was willing to take them. There were sets where I was completely breaking down physically, but the reason I grew as an athlete was because I refused to stop and give up, no matter what the other swimmers were doing. What I lacked in physical strength was made up in mental strength. I'm proud of how fast I've become since because of the years I was taught by my coaches, and my wish is to inspire and teach the younger swimmers so that they may relentlessly pursue their own dreams, both in the pool and out.