# Assistant Coach
# Grace Tan

## PROFESSIONAL BACKGROUND

- USA Swimming Coach
- Coaching since 2017
- I've previously lifeguarded and taught swim lessons for CSD
- Real Estate/ Realtor Assistant

## SWIMMING BACKGROUND

- Swam for about 12 years total
  - 2 years for Elk Grove Piranhas
  - 9 years for Cosumnes River Aquatics
  - 4 years at Franklin High School
  - 1 year at Biola University
- 2012-2016 CIF Section Qualifier
- 2016 FHS Team Captain
- 2016 FHS MVP

## GOALS FOR MY COACHING CAREER

- My goal is to provide swimmers instruction and encouragement that allows them to leave the pool with more confidence and skills than they did when they got in.

## COACHING PHILOSOPHY

- In improving our swimming skills, we strive also to learn the value of teamwork as well as challenge ourselves individually in a fun and safe environment.

**FUN FACTS**

- I’ve only recently gotten over my fear of indoor pools.
- I’m currently majoring in Kinesiology with a concentration in physical therapy.
- If I could do any other sport it’d be Brazilian Jiu Jitsu.