

I'm Michelle (Michi) Sanders. Swimming has been a part of my life as far back as I can remember. I grew up at a County Lake in California; swimming, water skiing, and playing in the lake. This was of course an ultimate recipe for a water baby. In my youth, I was a lifeguard, swim instructor, and competitive swimmer. Upon entering High School and College, I swam competitively, played water polo, and water skied for my University. When I graduated from Whittier College, I continued swimming as a US Masters Swimmer and Triathlete. Upon my arrival in Germany in 2007, I swam for a German Triathlon Club until my children were old enough to join the swim team.

I've been a swimmer my entire life. I love the sport of swimming and find the skill of swimming a life skill. My love of the water is what brought me to the eventual role of coaching. By sharing my love of swimming, I hope to cultivate a love of swimming in the new and experienced swimmer. I have been coaching swimming since 2009. It has been a natural progression for me to go from swimming to coaching. My sports interests are competitive cycling and open water swimming. My swimming accomplishments include swimming the English Channel, as part of a team, in June 2017 and regular participation in Open Water swim events. My commitment to EFSL and the Piranhas is to be a technical resource to help improve stroke technique in order to avoid injury and become more efficient in the water. I am currently L2 Certified through ASCA and chipping away at L3. My professional background as an orthopedic physical therapist should also contribute to an environment rich with injury prevention and safe exercise progression. I helped lead the Piranhas to their Divisional Championship in 2020 and I look forward to doing it again in 2021.

