



Goran Westerlund, Head Coach
Email: fam_westerlund@hotmail.com

Head Coach, March 2015-present;

Head Age Group Coach, Nov 2012-March 2015

B.S. Education, 1979 University of Nebraska

American Swim Coach Association/ASCA Member/Level 4 Certified Coach

Goran was a member of the Swedish National Team in the 70's. While swimming for Coach Ron Ballatore in Pasadena, CA training for the 1976 Olympics, Goran met his wife Eloisa. Although he did not make the Olympic team, Goran received a full scholarship to the University of Nebraska, Lincoln. At Nebraska, Goran was coached by Cal Bentz and was team captain. Both Goran and Eloisa come from swimming backgrounds and have raised three children. Goran became head coach for the first time at age 24. In 2002-2003, he was Head Age Group coach at Rose Bowl Aquatics. Goran was also Head Coach for Karlstad SS in Sweden from 2005 to 2011. While at Karlstad SS, he coached the club from one national qualified swimmer to twelve, with several medals and a national team ranking of 14th in 2011.

Under his tutelage, Goran has one Swedish national record holder in the 50 free, a Scandinavian champion in the 1500 free, and four swimmers in the finals at indoor nationals 2010. His age group swimmers have become numerous national age group champions and medalists. Throughout the years, Goran has facilitated scholarships for over twenty swimmers to various Colleges and Universities. Coach Goran's philosophy is characterized by a strong belief in everyone's equal value and that everyone deserves to be treated with respect. Goran believes that you build on your strengths and his goal is always to develop each individual to his or her highest potential.

Goran believes that as a coach you have to find the level your swimmers are at, and coach from their skill level. It is important that they feel motivated, believe in themselves, and that they can develop to their absolute best potential. The goal is to create a positive environment where each swimmer can grow both mentally and physically. He believes that good attitude; good sportsmanship, hard work and dedication will help the individual throughout life.