



Lisa Empey

Silver 10 & Under Coach

Email: mlempey@cox.net

Assistant Coach, August 2017 - Present

B.S. Mathematics, University of Nebraska-Lincoln

American Swim Coach Association/ASCA Member/Level 2 Certified Coach

Coach Lisa comes to San Clemente Aquatics with 7 years experience as lead 10&under coach at the Coto Coyotes Swim Club. At Coto, she mentored some of the finest and fastest 10 and younger swimmers in Southern California, coaching many to Junior Olympic medals and team records. Lisa has also been an assistant coach for girls swimming at Tesoro High School for the last 5 seasons with the girls team winning their league champs meet the past 4 years and finishing as high as 2nd at the CIF-SS Div 1 Championships. In addition, she brings 17 years of swim parent experience with all 3 of her children starting in summer league and then moving on to club swimming. Her youngest finished her club career at SCA and is currently a freshman member of the Tufts University Swim and Dive Team in the Boston area.

Coach Lisa's other swim related work experience includes several years as a Red Cross swim instructor and city pool lifeguard. Before beginning her coaching career her employment also varied from de-tasseling corn to retail sales and waitressing. Lisa then spent 4 years post college as a software engineer working on defense contracts at Hughes Aircraft Company and 10 years at IBM as a systems engineer, product specialist and sales representative. Of the many diverse jobs she has held, without a doubt Lisa enjoys coaching the most. In addition to the joy of working with young children, she has seen how youth sports can increase a child's confidence and self esteem which in turn can have a huge positive impact in all areas of their lives. Her goal is to encourage young swimmers to grow and push just outside their relative comfort zones in the sport while creating friendships and having FUN!

Outside of coaching, Lisa enjoys walking and swimming for fitness, and has swum with a masters team for many years. She also loves sports including Nebraska college football, movies, books and travel, Netflix binging and HGTV. Her job at Hughes brought her to California from Nebraska where she met her husband of 23 years, Morgan, and they both enjoy an active and busy southern California lifestyle.