



Ryan Klages (Head Coach)

Coach Ryan began his swimming career with the Huntington YMCA Bluefish in New York, while also swimming for the varsity team at Chaminade High School. He accepted a scholarship to swim for Manhattan College in the Bronx. While there, he broke numerous school records and served as team captain.

Coach Ryan began his coaching career as an assistant for Chaminade. While there, the Flyers won back-to-back league championships. He also coached 4 All-Americans, 2 state champions, and several state meet qualifiers. He then served as an assistant coach at Episcopal High School in Houston, Texas. It was here he helped build the swimming and diving program; leading to new school records, and the most swimmers qualified for the Southwest Prep Conference. Ryan has most recently served as the head swim coach at the Trussville YMCA for the SBY Stingrays.

Rachel Arnold

Coach Rachel has been serving as lead Bronze coach and assistant Silver coach since 2018. She is a USA Swimming certified swim coach and is also the head coach for Wynlakes Country Club summer league team. At age 6, her swimming career was launched when she began swimming with the Barracudas. Her passion for the sport, developed during her 13 years in the water, is what she hopes to instill in younger athletes. Whether they have been swimming for years or new to the swim world, her goal is to help each swimmer develop a love for the sport that propels them to reach their potential both in and out of the water.

Laural Greszler

Coach Greszler began her swimming career with the Barracudas in Niceville, FL under Pam Braseth (Gulf Coast Aquatics); went to Curl Burk (Nation's Capital Swim Club) in Alexandria VA; on to European Forces Swim League (EFSL) and West Suffolk Swim Club overseas; and back to NCAP/Alexandria; where I've been the past five years.

She also ran swim camps in both Austria and Germany while overseas. In Colorado, she served as an assistant coach on deck at the AFA for their summer camps two years ago; coached summer league for a very competitive team in northern Virginia; and served as head coach the past three years at West Potomac High School leading a very big combined boys and girls swim and dive program with 100 athletes and led our division all three seasons.