

757Swim Coaching Staff



Before being named Head Coach for **757swim**, Morgan was an age group/senior assistant coach with a local swim club from December 2014- September 2015, where she quickly established an outstanding training program for their age group swimmers. Prior to coaching in Williamsburg, Morgan was an age group coach/ senior assistant with Cy-Fair Aquatic Club (Fleet). At Fleet, Morgan was the Head Site Coach for over 110 swimmers, working with both age- group and senior swimmers. She played an active role in the administrative side of things for the club. Additionally, Coach Cordle was selected by Gulf Swimming to be a part of the Gulf Staff for the North American Challenge Cup.

Morgan was born in Williamsburg where she started swimming competitively. Morgan is a graduate of Bridgewater College where she majored in International Studies and minored in Social Work. She swam on Bridgewater College’s Varsity Swim Team and was team captain for ‘07-‘08 and ‘08-‘09 seasons. She was also the recipient of the Bonnie Kestner Sportsmanship Award for the ODAC Conference.

Morgan Cordle Head Coach

CoachMorgan@757swim.com

Lead Gold Level Coach
Lead Copper Coach



After graduating from Bridgewater College, Morgan became the school’s assistant swim team coach under the direction of Coach Fran Smith. During Morgan’s time in Bridgewater, VA she was the co-owner and instructor of Shenandoah Valley Swim Clinics, in which both High-School Clinics and Developmental Clinics were offered.

In recent years, Morgan worked for *American-Caribbean Experience* a non-profit based in Jamaica, where she was the director of Green Life Farm, a program that seeks to assist Jamaican’s and their children in making a living through sustainable organic farming.

In her first year of coaching 757swim, with a team of roughly athletes, Coach Morgan placed 10 Age Group qualifiers, 24 Senior State qualifiers, 9 National Age Group Qualifiers, 17 Speedo Sectionals qualifiers, and had 5 swimmers qualify for both the Arena Pro Series and Junior Nationals. The team was also State Champions in the Small Team Division for both Short Course and Long Course, and both Age Group and Seniors categories. The team also placed 3rd overall of 73 teams in Eastern Zone Sectionals, with the women placing 2nd. This year, three swimmers qualified for and swam in the U.S. Open Swimming Championships. One of her swimmers committed to continue swimming with an ACC swim program, and she has two more swimmers committed to Division 1 schools in the class of 2018 thus far.



In just their first year, 757swim, under the direction of Head Coach Morgan Cordle, were small team State Champions in both the Short Course and Long Course Seasons. The team continued its success while almost doubling in size to start last season, winning the titles for Mid-sized Team in the senior divisions in both Short and Long Course seasons.





Jackie Whitty
Head Age Group Coach

CoachJackie@757swim.com

Lead Silver 2 Level Coach
Lead Bronze 2 Level Coach
Co-Lead Silver 1 Coach

Coach Jackie recently moved to the Williamsburg area from New Jersey. Prior to joining 757swim, Jackie coached for the Westfield YMCA Devilfish in Westfield NJ. During her tenure there, she served as a Head Age Group Coach, Assistant Senior Level Coach as well as a Masters Swim Coach. She was also instrumental in implementing as well as overseeing a private lesson program for members of the Devilfish team. During Jackie's time at the Y, the program grew from 150 swimmers to almost 240. Jackie assisted the head coach with multiple YMCA national level qualifiers and developed many age group swimmers to the YMCA state level and beyond. She also transformed and oversaw the dryland program for all age groups of the Devilfish team.

Prior to coaching at Westfield YMCA, she coached for one year at her alma mater, The College of New Jersey, where she also swam for 4 years, helping the women's team earn 4 NJAC (New Jersey Athletic Conference) titles. In addition, she coached with the Jersey Area Masters out of Princeton NJ. Jackie has been competing at the master's level herself for over 10 years now and has a real passion for open water swimming. Jackie is excited to share her knowledge and passion of the sport of swimming with 757swim!



Assistant Coach

Lead Seniors Level Coach
Co-Lead Silver 1 Level Coach

Coach Capwell has coached with 757swim since it was founded two years ago and earned the spot of Lead Senior group in 2016-17. This year Capwell adds Lead Coach of Bronze 1 and Co-Lead of our Silver 1 group with Coach Whitty. Coach 'Cap' is beloved by his Senior group, due to his fun approach to senior swimming and his ability to keep his swimmers engaged and improving all year long.

Capwell is a 2016 graduate of the College of William and Mary with a degree in Biology, and he is currently working as a medical scribe with an eye toward a career in medicine. He has swum since the age of 6 years old on various club, summer league and high school teams around Northern Virginia.

757swim swam their first year with their top two divisions, Gold and Silver, outdoors in multiple locations in heated pools. The team moved into the new WISC Aquatic Center as their sole practice facility for all levels in May of 2017. 757swim enjoyed outdoor swimming so much that we lobbied for and WISC agreed to install roll top doors in the wall segments of the pool to provide fresh air across the pool surface!





Jenna Heuser
Assistant Coach

Asst Bronze 1&2, Silver 1&2, Stroke School Coach

Coach Heuser started her love for swimming at the age of 5 when she competed in her first summer league meet. She remained in a USA swimming program throughout her High School years. While attending the College of William & Mary she spent summers as a coach in the GPSA league in Hampton Roads. After graduating from William & Mary she moved to New York City to pursue a career. After 20 years in the corporate world she moved back to Virginia with her new family in tow to focus on a more balanced lifestyle and open a small business. The following year she became involved in the development of the VPSU Greensprings Gators Swim Team. She has been the Head Coach of the Gators for the past 10 years. For the past 5 years she has also been the Head Coach for the Walsingham Academy swim program. In the last 2 years she has worked with James City County Racer” swim program. Her love for swimming has been a wonderful way for her to stay connected with the youth in our community.



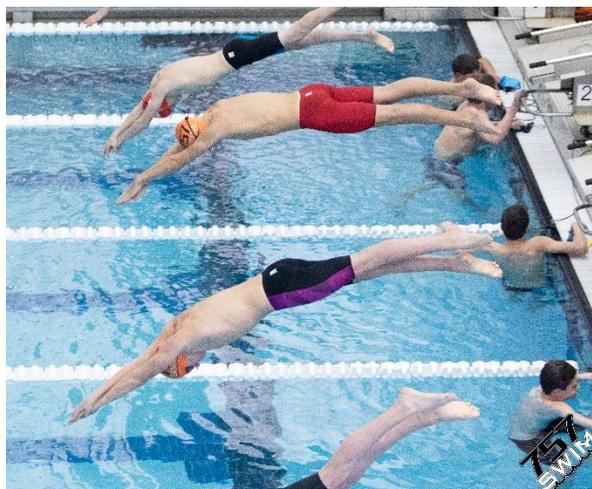
Anne Anderson
Assistant Coach

Asst Gold Coach
Asst Senior Coach

Coach Anne has been involved in coaching swimming for over 30 years, first as an Assistant at the University of North Carolina, then for 10 years as the Head Coach at The College of William and Mary, all the way to current day where she is the Head Swim Coach at Williamsburg Christian Academy, and at the First Colony Neighborhood summer swim team.

She is a graduate of the College of Wooster with a dual degree in History and Phys Ed/K-12 Teaching Certification, where she also swam collegiately and later obtained a Masters in Athletic Administration at UNC. While Head Coaching at William and Mary, she was also an Adjunct Professor of Kinesiology, spearheaded an effort to raise over \$800,000 to save the Tribe swim program when it was being threatened to be dropped by the College due to budget cuts, and was named CAA Coach of the Year in 1989 during a run of CAA and Eastern Championships.

Anne departed the Tribe as the winningest swim coach in the school’s history, and would continue coaching in supporting roles at Lafayette High School and a local USA Swimming Club for the next 19 years. She is also a Red Cross certified Water Safety, Lifeguarding Safety, and First Aid Instructor as well as one of the few Lifeguard training instructors in our area.





Brian Vereb
Assistant Coach

CoachBrian@757swim.com

Asst Gold Level Coach

Prior to joining **757swim**, Brian coached for a local swim club from 2010 to 2015 as an Assistant Senior Coach. Before moving to Williamsburg, Brian spent eight years as the head coach for the University of Akron. He was named Mid-American Conference (MAC) coach of the year twice and helped establish every team record. The team had swimmers achieve NCAA provisional cuts, win conference titles, make senior nationals, and final at Olympic Trials. He also helped coach with Akron Firestone (FAST) during his time at Akron. The club team featured numerous Division I scholarship athletes and national champions. He also had assistant coaching stints with Fresno State University, which finished top 25 nationally for NCAA DI. He spent two years at Ball State University where had an undefeated season and finished in the top 30 nationally. He also spent three years with The College of Wooster. The College of Wooster was a top 15 program national in DIII. He has helped develop numerous NCAA All-Americans, senior national qualifiers and Olympic trial qualifiers.



Ted Lynch
Assistant Coach
Stroke School

Ted started swimming when he was seven years old with the Webster Blue Fins in Webster, NY, and had modest success as a high school swimmer, lettering for five years with Webster High School and winning a Section V title in the 100 backstroke. He also swam for the MCC Marauders, coached by Steve Lochte. He went on to swim as a distance freestyler for the College of William and Mary, where he was coached by 757swim's own Anne Anderson his senior year. He has stayed in the pool, training and occasionally competing as a Master's swimmer, and he informally coached his group of early morning Master's swimmers at the JCC Rec Center for years.

Ted and his wife Mary served as teachers with the Peace Corps in Papua New Guinea, then returned to Williamsburg in 1998 for Ted to get his PhD in Applied Science. Ted's current day job is as Engineering and Product Development Manager with CIRS, Inc., in Norfolk. Meanwhile, he began coaching for 757swim in 2015-16 and has found that he thoroughly enjoys working with young swimmers and helping them to share his love of the sport. Both of Ted's kids, Evan and Gina, are members of 757swim. Ted will be helping launch our new Stroke School in 2017-2018.

757 SWIM ACHIEVEMENTS (2016-2017)

- **3 US OPEN QUALIFIERS**
- **5 WINTER JUNIOR NATIONAL QUALIFIERS**
- **7 FUTURE QUALIFIERS**
- **17 SECTIONAL QUALIFIERS**
- **WOMEN EARNED 2ND PLACE @ SHORT COURSE EASTERN ZONE SECTIONAL**
- **2017 SHORT COURSE MEDIUM DIVISION STATE TITLE**
- **2 NEW STATE RECORDS**
- **DEVELOPMENT OF NEW FACILITY**
- **COACH CORDLE NAMED REPRESENTATIVE FOR VSI**
- **ACHIEVED LEVEL 2 IN USA SWIMMING CLUB RECOGNITION PROGRAM**



Amy Corey
Assistant Coach
Asst Copper Coach

Coach Amy started swimming competitively at age 7 and continued through college, earning NCAA Division II collegiate All-American honors in both the 100 and 200 Butterfly. Over the course of the past 15 years, she has coached boys and girls high school swim teams in Washington state as well as a USA swim club in Ft. Rucker, Alabama. Amy and her family moved to Williamsburg in 2015. She loves working with children and young adults and is currently employed as a high school counselor at Virginia Virtual Academy. She enjoys teaching young athletes how to set goals and loves to encourage them on toward individual success—both in and out of the water!



David Anderson
Assistant Coach
Asst Bronze 1 & 2 Coach
Asst Silver 1 & 2 Coach

David Anderson is a redshirt senior at Hampden-Sydney College with a major in Economics & Business. Coach Dave played tennis for four years and swam for one year at H-SC where he claimed the 100 and 200 backstroke records. After one year of swimming, Coach Dave retired from the pool but continued to play tennis. Coach Dave was born and raised in Williamsburg where he swam for the Kingswood Klams, Lafayette Rams, and club teams. Coach Dave is also the direct descendent of the legendary Coach Anne. Making his professional coaching debut with 757 Swim, Coach Dave will be a great asset to the development of our swimmers.



Carmen Oquendo
Assistant Coach
Asst Copper Coach
Asst Bronze 1 & 2 Coach
Asst Silver 1 Coach

Coach Carmen continues with our staff after coaching this spring and summer. Carmen has shown great promise as an instructional technique coach and works extremely well with our young new swimmers. Carmen swam all through her youth with the Kingsmill Sharks summer team, and at Jamestown in high school.



Tyler Price
Assistant Coach
Asst Copper, Bronze 1 & 2, Silver 1 & 2 Coach

Coach Tyler continues with 757swim after working with us over the long course season. Tyler's high energy and excitement level is infectious with our younger swimmers, and he has quickly become one of our swimmer's favorite assistant coaches. Tyler spent his youth swimming for the Greensprings Gators and Jamestown High school swim programs, as well as swimming for a local swim club.

