Hello Platinum swimmers,

I realize that times are changing. I have some big shoes to fill with your beloved coach Alex leaving. I assure you that I will take care of you to the best of my ability and look forward to getting to know each of you individually and personally. I have coached some very talented and fast swimmers throughout my coaching career, and can do the same for you. It’s going to be an adjustment for everyone, but please give me a chance. I’m as nervous as you all are, as Alex will be a difficult act to follow.

I feel my experience and ability will carry all of us through this transition time. I am anxiously awaiting the time I get to work with and meet all of you on the pool deck. Until then, please keep up with the dryland program(s) provided or create your own. Alex has trained all of you well enough to know what to do. At this point, I am a resource. Any questions, ideas, thoughts, concerns, or is you just want to talk…please feel free to contact me through your parent’s email account.

Enjoy your time off and look around at the beauty around you…

Coach Bridget