



Hello! My name is Kate Braun. I am excited to be coaching your child as the Coach of the Indy Piranhas Advanced White team and I wanted to share a little bit about myself.

I am a native of Indiana, PA. I grew up swimming for the Indy Piranhas for 13 years, since I was 4 years old. I swam competitively through high school and qualified for districts, states and national competitions. I also ran Cross Country and participated in Track & Field in High School. In college, I played Water Polo for Penn State University for 4 years. I have a twin sister who swam at American University in Washington D.C. and a younger sister who swam at Duquesne University. I started working for the YMCA of Indiana County as a lifeguard and

swim instructor on my 15th birthday and I continued to work there for 7 years. I lifeguarded at Mack Park Pool for 6 years. After almost 15 years in California, I return to the Indiana County YMCA with a 7-year-old daughter, Brooklyn, who is swimming on the White Team. This will be her second fall season. I also have a 3-year-old son, Austin (AJ).

I started coaching this past summer and I am passionate about the challenge of finding ways to help each individual athlete achieve their goals. I look forward to working with each and every swimmer. I also know that no 2 swimmers are alike, and I strive to coach each individual swimmer in a manner that motivates them to accomplish their own personal goals.

I believe that swimming is an amazing sport for all ages. It builds a great community and helps with both team spirit and sportsmanship as well as individual growth. As a former swimmer, a parent of a swimmer and now a coach, I am very aware of how I liked to be coached and how I want my daughter to be coached. No one is a better advocate for their child than a parent.

For this reason, I would like to reach out to the each of the swimmers with their parents to learn what your hopes and goals are for the upcoming season. Goals can be in the form of time drops, stroke improvement, qualifying for the red team next season, qualifying for districts or simply just having fun! I will strive to partner with you to accomplish those goals for your child. I hope to speak with each of you soon.

My cell phone is 724-422-3163 and my email is kate.braun@outlook.com. Please feel free to call, text or email me at any time if you need anything or wish to discuss anything.

For quick reference:

Physical Requirements to join Advanced White:

Swim four of the competitive strokes in the following times:

Under 48.5 secs – 50 fly (red: 41 secs)	Under 48.5 secs – 50 back (red: 42 secs)
Under 53.5 secs – 50 breast (red: 46 secs)	Under 41 secs – 50 free (red: 35 secs)
Under 1:39 secs – 100 IM (red: 1:29 secs)	

Typical practice for Advanced White:

- Over 1500 yards per practice (red: 2500+ yards)
- Increments of 25's, 50's, 100's, and the occasional 200 (red is all distances up to 500)
- Focus on mastery of all four competitive strokes with drills
- Introduce endurance training during paced sets
- Starts and turns

** There is no age limit (high or low) for any color and there is not a min. or max. number of swimmers per color