

Coach Liz Biography

Coach Liz

Liz love's the Pool, coaching and teaching swimming & fitness. She is an avid athlete, swimmer, and artist. Liz grew up swimming in the waters of Corona Del Mar & Santa Barbara, CA and Minnesota. During Jr High & High School in MN Liz's Team would Swim to two State Championship Titles and four second place finishes. Liz swam for UW during college. Her loving husband is Nic and they have a goldfish named Oshi and a kitten named Roxy.

She has 21 years of coaching swim experience combined with 17 years of teaching fitness classes including kids yoga, teen yoga, yoga for athletes, pilates, spin, tabata, breathing relaxation, silver sneakers, roll it out and aqualogix. Many of these classes she has taught for The City of Newport Beach, Ocean Adventure, BCCC, Racquet Club of Irvine, Harbor Day School and local yoga studios. Most of her experience as a Swim Instructor and Coach was with the Big Canyon Country Club Barracuda Swim Program. This will be her second year as Head Coach for the NBTC Marlins. Go Marlins!

Liz holds a BA in Secondary Education;Social Studies, a CA Teaching Credential and a MN Teaching License. 12 years ago she became a Red Cross Authorized Provider and began teaching Lifeguarding, First Aid and CPR for the Red Cross.

Liz's unique combination Swim+Fitness+Safety has given her the tools to be a part of successful programs. She is excited for summer 2018 at the NBTC Pool and coaching the Marlins.

Liz's Coaching Philosophy

I believe in creating a safe+fun atmosphere where all swimmers & families feel like a part of the NBTC Marlins Swim Team and can take pride in their individual contributions. As a coach each athlete's life is important to me and my GOAL is to teach them lifelong healthy habits.