

MEET COACH LORI



Swimming Background:

Coach Lori was raised in Atlanta, Georgia. She began swimming summer league at the age of 6 then moved onto AAU Swimming, now USA Swimming. Coach Lori swam through middle school, high school and continued her swimming career into college and swam for Emory University in Atlanta. There she became a distance swimmer and a strong butterflyer. The 200 butterfly was her favorite race.

Education, Experience and Work History:

Coach Lori graduated from Emory University with a Bachelor of Arts degree in English in 1990. She took a year off before going back to school. Living and working abroad in Jamaica and Australia proved to be both eye opening and valuable experiences. Following that break, Coach Lori went back to study Respiratory Therapy. She graduated from Georgia State University in 1993 with a Bachelor of Science in Respiratory Therapy. For the next 6 years, Coach Lori worked at various Level 1 Trauma Centers around the country working in intensive care units and emergency rooms saving lives. During that time, she moved 7 times, had 3 children then finally landed in Austin in 1999. She left medicine, began coaching in 2002 and never turned back. This is her 7th year coaching swimmers of all ages and abilities.

In addition, Coach Lori is currently working on becoming a reading specialist or a Certified Academic Language Therapist (CALT.) She began this journey when 2 of her 3 children were diagnosed with Dyslexia. In between coaching and being a mom, Coach Lori tutors children privately to help remediate their reading.

Certifications:

USA Swimming Certified Swim Coach
American Red Cross – CPR/AED certified
Certified Lifeguard



Swim Coach:

Coach Lori started her coaching career coaching summer league around Austin. In 2004, she took on a more formal role as assistant coach at the Jewish Community Association of Austin (JCAA) for the Austin Texas Piranhas (Team ATP), a year round competitive swim team. There she worked with head coach and Olympic caliber athlete, Ryan Ciccarelli (aka Coach Chic) for 3 years. In 2005, Coach Lori was pivotal in starting the JCAA's first summer league swim team now known as the JCC Piranhas. That program has grown exponentially since its inception and Coach Lori is currently head coach of that team. In 2008, Coach Lori saw an ever bigger demand for non-competitive swim programs and started the Developmental Swim Team at the JCAA. It was a void that desperately needed to be filled it began as a monthly program following summer league swim team that was in the water from July until April. The Developmental Swim Team was offered to swimmers of all ages and abilities, there was no formal competition and the swimmers loved it. That program is now known as the Off Season Piranhas Swim Team.

In addition to being the head coach of 2 teams, Coach Lori has also worked with triathlon groups, special needs swimmers and created the first adult stroke development classes at the JCAA.

Personal Side:

Coach Lori is married with 3 children (14, 12 and 9). They are all avid swimmers, musicians and world travelers. They spent 4 weeks touring Europe during the summer of 2009 visiting cities in France, Italy, Germany, Sweden and Holland and have many great stories to share.

Coach Lori is also a “do it yourselfer” around the house; laying tile, installing hard wood floors, plumbing, electrical....you name it. In her house, when something needs to be fixed, they yell “Mom” and she comes running.

When and if there is down time, Coach Lori loves movies.

Coaches Goals:

Skills, drills, fitness and fun. All these components keep swimmers coming back for more. “If one of my swimmers gets in the water to swim laps at age 85, then I know I’ve done my job well.”