



# **U.S. MASTERS SWIMMING**

## **2018 HIGH PERFORMANCE CAMP**

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The U.S. Masters Swimming (USMS) High Performance Camp (HPC) announced its USMS Coaches for the 2018 camp today. This year's edition of the camp will be held Saturday, August 25th to Thursday, August 30th, 2018, at the Greensboro Aquatic Center, Greensboro, NC.

The coaching staff will be led by Bill Meier, head Coach of the Simon's Rock PaceMakers Masters club in Great Barrington, Massachusetts. Bill will be assisted by Trey Taylor, Head Coach of Gaston Gators Masters in Gastonia, North Carolina; Mike Hamm, Head Coach of Kroc Masters in Coeur d'Alene, Idaho; and Lisa Brown, Founder and Head Coach of Zionsville Aquatic Masters, Zionsville, Indiana.

Hill Carrow, Director of the USMS HPC since the launch of the current edition of the camp in 2011, said, "The USMS High Performance Camp has consistently featured top tier coaches and instructors, and this year is no exception. Our 2018 participants can count on an outstanding camp experience."

Brief bio information about each coach is as follows:

**Bill Meier, Head Coach**



Veteran coach, Bill Meiers, has been named Head Coach of the 2018 U.S. Masters

Swimming High Performance Camp. In 2017 Bill served as HPC Assistant Coach. Bill is a Level 4 USMS certified coach and currently serves on the Board of Directors of The Swimming Saves Lives Foundation. Bill resides in Great Barrington, MA, and swims for New England Masters.

Bill has been most instrumental in developing and becoming the first lead instructor for the Adult Learn to Swim Program (ALTS). Adult Learn to Swim has become a cornerstone program of U.S. Masters Swimming thanks to Bill's leadership and efforts. Along with the program, Bill introduced "April is Adult Learn to Swim Month" to USMS. For his extensive volunteer work on behalf of USMS, Bill was awarded the Dorothy Donnelly Service Award in 2014.

In college Bill swam at the State University of New York at Albany and graduated with a B.A. degree in 1984. During his last two years at Albany Bill was named the Great Danes swimming captain.

### **Trey Taylor, Assistant Coach**



Trey Taylor served as HPC Assistant Coach in 2017 and is back to share his knowledge, particularly in the strength training area, as a 2018 HPC Assistant Coach. Trey has multiple coaching certifications including Level 3 USMS coach; Levels 1 and 2 ASCA certified coach; and USA Swimming certified coach.

Trey resides in Gastonia, NC, where he started his swimming career with the Gaston Gators age group team from 1995-2005. He attended and graduated from nearby UNC Charlotte with a B.S. degree in 2008. In 2007, while in still in college, Trey was named head swimming coach at his high school alma mater, Ashbrook High, earning Big South 3A Conference Coach of the year in 2010. During that same time period, Trey was named the age group coach of the Gaston Gators, where he swam as a youth. He then became the Head Coach of the Gaston Gators in 2012. He now serves as the President of Gaston Aquatics and coaches both Age Group and Masters level swimmers.

### **Mike Hamm, Assistant Coach**



Mike Hamm is a resident of Coeur d'Alene, ID, where he is the Head Coach for the Kroc Masters Swim Team. Mike has earned all 4 Levels of USMS coach certification. He now owns a very successful swim school in Coeur d'Alene that specializes in individual instruction for all swimmers. Mike has 40 years of swim coaching experience, including coaching age group, high school, and water polo teams throughout his career.

Mike developed his swimming skills on an age group swim team. In college, he was an NCAA Division II Champion at Cal State - Northridge in numerous events. He currently owns a number of Masters swimming records. Mike considers the pinnacle of his swimming career to be when he qualified for the Olympic trials.

#### **Lisa Brown, Assistant Coach**



In addition to her responsibilities with Zionsville Aquatic Masters, Lisa also serves as aquatics director of Zionsville Aquatic Center. Lisa is a USMS-certified Adult Learn to Swim Lead Instructor, Coach Certification Instructor, and USMS Level 3 certified coach. Lisa is also an American Red Cross Lifeguard Instructor trainer and a certified pool operator.

Lisa is an accomplished and experienced competitive swimmer, including open water events. She has multiple Big Shoulders and Manhattan Pier-to-Pier swims to her credit, as well as 25K and 10K USMS National Championship swims. From her business background Lisa applies her corporate experience to help her fellow swimmers achieve their fitness and competitive goals.

#### **About the USMS High Performance Camp:**

The U.S. Masters Swimming High Performance Camp is the only USMS camp of its kind in the U.S.. The camp is made possible through the combined efforts of United States Masters Swimming, the Triangle Sports Commission, and the Greensboro Aquatic

Center. The camp is hosted by the Triangle Sports Commission, a U.S. Masters Swimming Community Partner, and is supported locally by the Greensboro Convention and Visitors Bureau, Greensboro Coliseum Complex, and USMS sponsors. The camp is limited to a small number of dedicated Masters swimmers who are committed to advancing their skills and performance. Participants will be analyzed and instructed by a number of the top USMS coaches in the country and noted professionals in the fields of sports psychology, physiology, biomechanics, nutrition, technique, resistance and flexibility training. For more information on the USMS HPC or to apply for the camp, please visit <http://www.trianglesportscommission.com/usms-hpc/>

**About the Triangle Sports Commission:**

Founded in 2001, the Triangle Sports Commission is a 501(c)(3) charitable, non-profit organization and long-time Community Olympic Partner of the U.S. Olympic Committee. The TSC focuses on the hosting of Olympic and amateur sports events and activities that help develop athletes, promote the region, and foster positive branding and economic impacts for central North Carolina. The TSC recruited, and secured over \$13 million in funding commitments for, the relocation of USA Baseball's headquarters and national training complex to the Triangle. TSC leadership secured over \$20 million for expansions of other destination facilities such as WakeMed Soccer Park and the Cary Tennis Park. The TSC has served as host organization for the U.S. Olympic Trials - Table Tennis, Collegiate Rugby National Championships, ACC Baseball Championships, and the world's first-ever Rugby 7's Olympic Qualification Tournament, among others. For more information on the Triangle Sports Commission visit [trianglesportscommission.com](http://trianglesportscommission.com).