



Assistant Coaches



Cameron Abe

What is your favorite event in swimming?

100 fly, 100 breast, 500 free, 200 fly

Did you compete? If so, where?

I compete at American River College. I want to continue swimming at a Division 1 school.

What was the best advice you received from your coach?

Just do it, and swimming will become much easier.

How long have you been coaching or teaching swimming?

I've been coaching since 2009, and I have been teaching swimming since 2007.

What do you like most about coaching?

The kids

What do you like to do in your spare time when you aren't coaching?

Hang out with friends, mess around with my truck, work out

What is your favorite sport to watch besides swimming?

Volleyball

What is your favorite candy or junk food?

Twix, animal style fries

What is your favorite animal?

Dog!

What is your favorite song or artist?

Wasted- Lil' Wayne

What is your favorite TV show or movie?

I don't watch too much TV, but when I do I like to watch the Speed Channel, ESPN and Top Gear.

What is the most random word you can think of...right now?

Cool Story Bro

What is your favorite quote?

"Swimming is like depositing money into a bank, the more you work and put in the bank, the more you will get out of it in the end." – Coach Eric Lewis