



2010 Assistant Coaches



Katie Caudill

**How many years have you been swimming?
And Where?**

I started swimming when I was 12 in Turlock, California with Central Valley Aquatics. My parents forced me to pick a sport. I didn't like it at the beginning but grew to love it!

How many years did you compete? Do you still compete?

I competed for 8 years on a year round team before going to college. Now I compete in Triathlons.

What were your favorite events?

I loved and still love distance events. Anything longer than 500 freestyle. I also like backstroke.

How many years have you been coaching and/or teaching swimming?

I started teaching a summer clinic through our year round team when I was 16. I have coached off and on from then until now.

What is your favorite quote?

"Whether you think that you can, or that you can't, you're usually right!"-Henry Ford

What is your favorite activity outside of swimming?

Running!

Do you have another job? Family?

I currently teach the Performance Swim class at California Family Fitness. During the day I stay home with my 3 children: Ashlynn (6), Ian(8) and Bethany(10), and homeschool them. I am also back in school for an Advanced Personal Fitness Training certification.

What is your favorite food, music, color?

That's hard, I love a lot of foods! Is Starbucks Mudpie ice cream a food? I'm all about ice cream and all about Starbucks! I enjoy most forms of music and my favorite color is blue.

What is your favorite swim memory?

Nearing the end of my first time teaching the summer program with our team I bought a bunch of underwater disposable cameras. The kids went crazy with them making silly poses and faces under water. By the end of the session I had made them simple keepsake books with areas for them to autograph for each other next to the pictures of our fun time.

What was the best advice a swim coach ever gave you?

Not every day is going to be a great day. You may not even feel like swimming on some days. Give 100% of what you have at that moment. If you do that you'll be successful and never have regrets.

Tell us something we might not know about you?

I'm a pastor's wife.