



Assistant Coaches



Katie Caudill

What is your favorite event in swimming?

My favorite event has always been distance freestyle. I love the 500, 1000 and 1650.

Did you compete? If so, where?

I started swimming when I was 12 for a year round team in Turlock, California called (then) Turlock Swim Club. It is now called Central Valley Aquatics. I swam a couple years of high school swimming while still swimming year round.

What was the best advice you received from your coach?

I've gotten so much great advice but one thing that helped me was being told that I was to give 100% of every race, but I wasn't expected to beat my time or win every race. Giving 100% effort is always 100% and will never leave you with regrets. If one day your 100% doesn't show as great as the last day's 100%, that's okay as long as you gave it your best. I try to follow this advice even now.

How long have you been coaching, or teaching swimming?

I started teaching swimming in my last year of high school. That first summer I was in charge of our team's summer program for new swimmers. It was the first time I had ever taught someone how to swim "from scratch". Since then I have coached off and on as an assistant coach or Masters' coach for 15+ years.

What do you like most about coaching?

I love being out by the water and watching others reach for, and achieve, things they never thought they could.

What do you like to do in your spare time when you're not coaching?

I love to hang out with my 3 wonderful kids and husband. I also love to be outside as much as possible running, bike riding, or swimming myself!

What is your favorite candy or junk food?

My favorite junk food is ice cream. I'm pretty sure I can't function without a daily dose!

What is your favorite animal?

I love ducks.

What is your favorite song or artist?

I have too many favorites to answer that one!

What is your favorite TV show or movie?

Love Nacho Libre-Jack Black is a favorite

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

Splatnuck