



Assistant Coaches



Regina Quezada

What is your favorite event in swimming?

My favorite events are the 100 backstroke, 500 freestyle, 1000 freestyle, and the mile (1650).

Did you compete? If so, where?

I competed for 6 years down in the Bay Area (Fremont); 4 years for my high school (Irvington High School); and 2 years in college (Ohlone College).

What was the best advice you received from your coach?

You can't control anyone else in the water but yourself.

How long have you been coaching or teaching swimming?

I have been coaching for 5 years. I started with the Piranhas back in 2007. I am also one of the coaches over at Elk Grove High School; I've been coaching over there for four years now.

What do you like most about coaching?

Interacting with and getting to know the swimmers

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

Relaxing and hanging out

What is your favorite sport to watch besides swimming?

I enjoy watching tennis. Every year I attend the professional tennis tournament down in San Jose.

What is your favorite candy or junk food?

Favorite candy is definitely starbursts. My favorite junk food is Chips Ahoy chocolate chip cookies.

What is your favorite animal?

My favorite animal is a dolphin.

What is your favorite song or artist?

There are way too many to list here! But if I had to pick a few I would go with Linkin Park, Taylor Swift, The Script, Tim McGraw, Eminem, Brad Paisley, and Lifehouse.

What is your favorite TV show or movie?

My favorite TV show right now would have to be The Big Bang Theory. My favorite movie is The Proposal. (Along with a million others.)

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

Rutibaga.

What is your favorite quote?

My three favorite quotes are "Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever." - Lance Armstrong

"The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching." - Anson Dorrance

"The 6 W's: Work will win when wishing won't." - Todd Blackledge