



2010 Assistant Coaches



Robert Watson

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

I've been swimming 17 years. Some of the teams I have competed on include California Capital Aquatics, Laguna Creek Gators, Elk Grove High School, and Arden Hills.

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

I've competed since the beginning. I started at Greenhaven when I was five or six.

What were your favorite events?

200 IM and 400 IM

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

3 years

What is your favorite quote?

"Goodness gracious great balls of fire!" – Goose

What is your favorite activity outside of swimming?

Riding motorcycles!

Do you have another job? Family?

I also work as a manager at It's A Grind Coffee Shop in East Elk Grove, coach swim for Pleasant Grove Highschool and go to school full time. My mom and dad live in Elk Grove, my younger brother Troy is a pitcher for CSU Long Beach.

What is your favorite food, music, color?

Favorite food is Chicken Alfredo, favorite music is rock, and color is red

What is your favorite swim memory?

I have two, first was at a high school swim meet my senior year. Against a team I cannot remember at the Wackford swim complex. We were competing in the 400 Free Relay, our third swimmer was not paying attention and when it came time for him to go, he was nowhere to be found. It took me a second to realize this and a small freshman from the other team we were racing had just entered the water. I threw my parka off and did a running, flying leap over the block. The kid had a half a pool length lead and I caught and passed him. We went on to win the relay, once my teammate decided to show up. Second, during high school championships my senior year, there was a much stronger butterflyer that I was going up against. I knew it was going to be a good race, but he obviously thought that he was going to beat me. At the start he took an early lead touching wall one first, I knew I had to stay close otherwise I would lose him. I stayed with him to the second wall and I knew I had to push as hard as I could on that third lap to get as much

of a lead going into the final lap. I gritted my teeth and focused as hard as I could, my arms felt like useless 100 lb weights. On the last lap I had a small lead, but I knew he would be close. He slowly caught me until we reached the wall, I stretched as long as I could with my head down into the wall. I swung my head around to look at the large 10 lane scoreboard, my friends and family and everyone at the pool were going crazy. I beat him by .10. My stomach was turning, I hopped out of the pool and threw up in the bathroom. Jesuit swimmers took first place in every event except that 100 fly.

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

When you think the pain is unbearable, push harder.

Tell us something we might not know about you?

I had spinal meningitis when I was only a year old, almost wasn't around for today!