



2010 Head Coaches



Shannon Grottkau

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

I have been swimming for 45 years, mostly in the Sacramento area. In college I swam in Chico and Sacramento.

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

I competed for 18 years. I do not compete now but plan to in the future.

What were your favorite events?

50 & 100 Breaststroke, 50, 100 & 200 Butterfly, 100 & 200 IM, 50 Free, 100 Backstroke and all relays no matter what the stroke/distance!

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

33 years of combined teaching/coaching swimming.

What is your favorite quote?

When life gives you lemons, make lemonade! It can be applied to so many different things.

What is your favorite activity outside of swimming?

Traveling with my family and spending time relaxing together.

Do you have another job? Family?

I am a first grade teacher at Foulks Ranch Elementary School. I have 3 children, Melissa (senior in college), Nicole (senior in high school) and Chris (freshman in high school). All three have been on the Piranha's since 2007. My husband Michael can often be seen at the starters table or as the meet director.

What is your favorite food, music, color?

My favorite food is sushi. My favorite color depends on the time of year, my mood and the clothing trends. Usually blue (Piranha) and pink. I have enjoyed listening to country music since my days at Chico State when that was the only station my car would receive on the trip to and from Sacramento.

What is your favorite swim memory?

My senior year in college, trying to qualify for Nationals in the 100 Breaststroke at the "last chance meet". I tried several times to qualify. Each try, I either had a faster time by 1 100th of a second or did the exact same time. We had about 5-10 minutes in between tries. Finally, I qualified. I was very happy and quite exhausted.

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

The best advice I ever received was to visualize my race and my time I wanted to achieve in that race that day before each race. He also introduced to me to the importance of goal setting and believing in achieving.

Tell us something we might not know about you?

I was a gymnast and competed in junior high and high school while competing in swimming. I am currently training to compete in ½ marathons.