



Assistant Coaches



Shannon Grottkau

What is your favorite event in swimming?

I have so many... to watch, I enjoy IM and butterfly. To swim, I enjoy 100 & 200 IM, 50 & 100 free, fly and breast and 200 fly.

Did you compete? If so, where?

I started on a recreational team in Southern California, then moved to Sacramento. I swam for Greenhaven Swim team for the recreational team for 4 years before moving to their US team. I swam for John F. Kennedy High School for 3 years. I swam for CSU at Chico for 1 and ½ years before moving to CSU at Sacramento where I swam for an additional 2 and ½ years. During college, I swam for the Rio Del Oro Rec team for 1 summer and then moved to Arden Hills US team for 2 years.

What was the best advice you received from your coach?

Think about your race, not the person you are racing. You can control how you swim but not anyone else.

If you believe it, you can achieve it.

Swim your race in your head, knowing what you will do on each lap, stroke, turn and finish – see your time. Then you can achieve your dream.

How long have you been coaching or teaching swimming?

I have been coaching and teaching swimming for the last 34 years.

What do you like most about coaching?

Seeing swimmers work hard and helping them to improve their technique and achieve their goals... oh, and I also enjoy cheering for them while they are racing

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

Traveling with my children and husband, helping plan my daughter's wedding, and participating in raising money and awareness for Shriners Hospital Northern California

What is your favorite sport to watch besides swimming?

Track and Field, gymnastics and ice skating

What is your favorite candy or junk food?

I try not to eat it any more but do enjoy M n M's and See's candy (no nuts).

What is your favorite animal?

Rottweiler dogs and dolphins

What is your favorite song or artist?

Any country song or artist (new and old)

What is your favorite TV show or movie?

The Sound of Music and Roger's and Hammerstein's Cinderella (the one with Leslie Ann Warren)

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

Snow – I guess because it might snow today

What is your favorite quote?

When life gives you lemons...make lemonade. It can be applied to everything in life. A college teammate told me this quote when I was having a bad day.