



Assistant Coaches



Tim Bilbrey

What is your favorite event in swimming?

Breast stroke is my favorite event in the pool, but I do love open water swimming (here it is freestyle and usually 1500 meters). I love the mental toll an open water race can take.

Did you compete? If so, where?

I raced on a rec. team and high school in Lindsay, Ca. Than later, I raced at College of the Sequoias in Visalia, Ca. More recently I have competed in triathlons and running races.

What was the best advice you received from your coach?

Not my coach, but my dad, "You can do anything, just take your time and think about it." (i.e. plan it out, and make it happen)

How long have you been coaching or teaching swimming?

I started teaching when I was 16 yrs old. That moved on to assistant coaching when I was 17. Although there were a few years I was not coaching, I don't have enough fingers or toes to count the years I have been overseeing competitive swimming or triathlon teams.

What do you like most about coaching?

So many things, but one specific thing is helping the kids have one of those, "I got it coach" moment. Where suddenly, a stroke makes sense, and their face lights up.

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

Most of my spare time is spent with my son (Colten); this can be incredibly fun. I also, love to run. Some days, I feel like I can run like the wind and never stop.

What is your favorite sport to watch besides swimming?

Anything related to triathlons (swimming, biking, or running), but I will catch myself watching bowling or pool once in a while (note: I used to be a 192 average bowler).

What is your favorite candy or junk food?

I'm more likely to indulge in any flavor of Powerbar than regular candy, but smoothies are always options.

What is your favorite animal?

I think dogs, the ones that would run or swim all day if given a chance.

What is your favorite song or artist?

Don't know, haven't locked in on anything lately. But I'll usually listen to country, maybe Toby or maybe old school Chris LaDue.

What is your favorite TV show or movie?

I love the sports movies. It started with "American Flyers".

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

Supercalafagalisticexpealadocious (you asked)

What is your favorite quote?

Here are 2 that came from me (you pick) 1st: "There are those that can do anything they have been taught, and there are those that can do anything, because of what they have learned." 2nd: "Find another gear!" (My niece had this one put on her letterman's jacket, still makes me choke up.)