

Meet your professional swim instructors. With over 45 years of combined experience Coaches Sean and Lauren can take your swimming to the next level.

## **Sean Emery**

A native of Tampa, Florida, Sean started swimming summer league in Georgia and on the Wheeler High School swim team.

1998-2003 Sean swam for Florida State University where he qualified for several Junior Nationals and US Open swim meets. At Florida State he studied Exercise Physiology and Sports Management.

In 2002, while coaching the ATAC swim team at all levels Sean was able to improve the age group program from 23rd in the state of Florida up to 5th with a 13-14 junior national qualifier. He also produced several swimmers with National Top 16 times.



In 2006, Sean moved back to Georgia and became the Marietta Marlins head age group coach as well as the assistant senior coach. Here he produced swimmers with 10 national top 10 times, 3 state championships and several state records. Under Sean's direction Kylie Stewart had several #1 in the nation rankings.

In 2008, coach moved to Sedona where he was instrumental as the assistant coach in getting the Sedona Red Rock High School swim team to win a state championship.

In 2014, Sean created the Valley High Performance, a USA swim team where he has produced national finalists at the TYR Showcase Classic in St. Petersburg Florida, finalists at the Far Westerns in California, an Arizona state record holder, and Arizona state short course individual champions.

Coach Sean is one of the few highly qualified experts in USRPT in the western United States

## Lauren Robinson

Lauren is a retired Middle School Principal, teacher and swim coach originally from Connecticut. She attended Southern Connecticut University where she swam collegiately all four years and was selected as captain during both her Junior and Senior years. After graduation, she began her teaching and coaching career and in 1989 she was named the Connecticut Interscholastic Athletic Conference Coach of the Year for Girls High School Swimming. During this time she coached age group swimming and both girls and boys high school swimming .



When she was appointed as the Middle School Principal in her school district, Lauren did not have the time to be involved in coaching and was forced to let it go. She retired from education in 2006 and moved to Sedona. It was then that she realized how much she missed coaching and as a result returned to it. She is energized by and learning a great deal from Head Coach Sean Emery about USRPT (Race Pace training). Not only has she adopted this method as a coach, but she has incorporated it into her own workouts as a Masters swimmer. The result of training this way is that Lauren recently won four medals at United States Masters Spring National Championships in Indianapolis.

Her passion is working with kids and seeing them grow as both athletes and individuals. Swimming is a lifelong sport that instills dedication, persistence, patience, the value of hard work, responsibility and fun. All extremely valuable assets to acquire in life!

Lauren also dedicates every minute of her coaching to her brother, Bill Krumm, who passed away in March of 2017. He was an All American Swimmer in college and worked for USA Swimming. His memory inspires her every day.

## *Swim Smooth* Swim Clinic '3" for Adults ages 25 to 100

Learn from a Master Swimmer Coach. Designed for swimmers of all levels. This is for the swimmer that wants to go to the next level. Prior swimming experience needed. Do you have a love of swimming? Do you want to go faster? Do you want more endurance? This is the workshop for you. Jumpstart your love for swimming again. Swimming is fun and will get you back in prime physical condition. Coach Sean will help design a personalized swim program that will get you back in the water and swimming like a champion.

Class entails:

Stroke analysis of all 4 competitive swimming strokes. Body position, breathing and body-roll, end of stroke, power phase and initial action components with great stroke analysis. We use an underwater filming modality, providing a unique stroke analysis experience, not found at any other resort.

- Spa Members and Guests
- Hilton and Spa staff