



## **COACH MARK'S BIO**

### **Swimming & Coaching Related**

#### *Certifications*

ASCA Level 2 Certified (Masters Level 1)  
USA Swimming Certified (2003-Present)  
First Aid with CPR (10/03/2011)  
Safety Training for Swim Coaches (09/04/2011)  
Red Cross Lifeguard Certification (03/01/2012)  
Red Cross Water Safety Instructor (Current)  
Red Cross Lifeguard Training Instructor (Current)



#### *Coaching Experience*

Swim Dogs (USA Swimming) Head Coach/Owner (2007-Present)  
150-swimmer roster from 6 years to 60 years of age  
40-person Masters Squad  
Hy-Tec Meet Manager and Team Manager  
George Washington High School, Head Coach (2008-Present)  
High School Coach of the Year, Denver Public Schools (2010-2011)  
High School Coach of the Year, Denver Public Schools (2009-2010)  
United States Masters Swimming National Championship On-Deck Coach (2011)  
FINA World Masters Championship Coach -- United States Masters Swimming (2010)  
Colorado Master's Coach of the Year -- COMSA (2009)  
Doc Councilman's *Creative Coach* Award (2008)  
AquaWolves (USA-Swimming), Assistant Coach, 2003 - 2006  
Denver Summer League Coach -- RMSL and Metro League (2006-Current)

#### *Swimming Background*

2010 FINA World Masters Championship Top 10 in three events  
2009 National Champion in 45+ 200-yard Mixed and Men's Free Relays  
2006 and 2007 National Champion in 45+ 200 Free Relay Mixed (National Record)  
2006, 2007, & 2009 Masters All American  
Colorado State Champion 2004-2011 in multiple events  
Age Group and school swimmer from 1966 to 1978

### **Business Related**

Fifteen years of sales, marketing, and business development with 3M Co.  
BA Degree from University of Oregon (1983), Phi Beta Kappa  
MBA degree from Colorado State University (2000), Beta Gamma Sigma

### **Contact Info:**

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