



January 30, 2020

Greetings BEST Athletes and Families,

Hi! I'm Amy Brophy and I have been a part of the swimming community for all of my life. I'm so excited to be involved in this new endeavor for the ELKS swim team!

My role as Director of Coaching is new to the community. My hope is to provide a place to mentor and coach, coaches. I have always admired people who can step back from the day to day aspect of the "job" and inspire and cultivate the next generation, for me this is the next generation of coaching.

This is what I hope to accomplish in my role. I love to coach. I love to mentor. For those that know me, this is what I am best at. I am excited to embark on this new role and develop a program that will foster the mentoring of coaches and of swimming! I know this will build a new and more successful swim team this year and for many years to come.

I am a native to Colorado and grew up in Boulder swimming for MESA swim team and for Niwot High School. Swimming is a passion of mine. I understand every aspect of the sport from beginners to pros, from 2-year olds to seniors.

I've coached for Fairview High School as an assistant for the women's team and head coach for the men's team. I've coached for RallySport Aquatics as a head age group coach, Elevations Athletics as a head age group coach as well, and for Boulder Aquatic Masters. I am so proud to have coached every level of swimming, from beginners to Olympic Trials athletes.

I have a degree from Metropolitan State University of Denver, in Human Performance and Sport, Adult Fitness Exercise Science, and a minor in Psychology. I am also an ASCA (American Swim Coaches Association) Level 3 coach. Oddly enough, I am not a lifeguard.

Let's go learn how to swim faster.

Cheers!

Amy Brophy