

## Mark Keating

PYAC Assistant Coach

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Mark Keating has been coaching swimming from beginner level swimmers to nationally ranked swimmers for the past 30 plus years. He has been the founder of two USA swim clubs (Harvest Swim Club in Arizona and StoneBridge Swim Club in Chesapeake, VA) and coached in Oklahoma with Swim Tulsa where several swimmers went on to Division I universities on swimming scholarships and a number of others represented the team at a national level. Most recently, he developed the StoneBridge School swim program that became a swimming power in the state of Virginia for Independent schools in 2006 as Division II State Runner-ups and 2007 as Division II State Champions. Mark's background includes being a high school All American, listed in Who's Who in high school swimming, and awarded Varsity letters for swimming at the University of North Carolina in Chapel Hill. Throughout his years, Mark has been privileged to have been coached by some of the most recognized names in the sport of swimming. Besides swimming for one of the most highly decorated coaches in the state of Michigan from age 5-21, Mark trained for two seasons under world renown coach, Ernest Maglischo author of the "bible on swimming," *Swimming Even Faster*. Mark comes from a wealth of swimming experience, being one of eight children in which two of his brothers swam for University of Southern California under Peter Daland, and two swam for Michigan State University. Mark is a husband to Nancy, father of two daughters: Lauren & Bronwyn, teacher, Assistant Headmaster, and head swim coach of Veritas Christian Academy in Chesapeake, VA.