

Sherryl Swiston

Head Swim Coach

Profile

I am a highly experienced swim coach with over 5 years of experience working in the industry. I have worked with swimmers of all levels, from beginners to advanced, and have helped them to improve their techniques and achieve their goals. I am passionate about my work and take great pride in helping my athletes to reach their potential. I am also certified by the American Swimming Coaches Association (ASCA).

Employment History

Head Swim Coach at Mississippi State University, MS

Mar 2022 - Present

- Led team to winning record of 8-4.
- Placed 3rd in state championships.
- Qualified 10 swimmers for district championship meet.
- Coached 1 swimmer to a state championship title.
- Led team to undefeated season.

Assistant Swim Coach at The University of Mississippi, MS

Sep 2017 - Jan 2022

- Led team to a winning record of 8-4 in dual meet competitions.
- Coached swimmers to 19 top-3 finishes at the conference championships.
- Helped 3 swimmers qualify for the Olympic trials.
- Guided 1 swimmer to set a new world record in the 200 meter breaststroke.
- Trained 5 swimmers who went on to compete in Division I college swimming.

Education

High School Diploma at Jackson State University, MS

Sep 2013 - May 2017

I've learned how to effectively communicate with others, how to manage my time wisely, and how to develop and present arguments clearly and persuasively.

Certificates

Certified Swim Coach (CSC)

Jun 2021

Certified Masters Swim Coach (CMSC)

Feb 2020

Memberships

American Swim Coaches Association

National Interscholastic Swim Coaches Association

Details

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Links

[linkedin.com/in/sherrylswiston](https://www.linkedin.com/in/sherrylswiston)

Skills

Swimming

Coaching

Training

Motivation

Communication

Leadership

Organizational

Languages

English

Spanish

Hobbies

Biking

Running

Weightlifting