



COACH – SEAN KIRWAN

I have been coaching for over ten years, having gained my swim coach qualification (Bronze Level), when I completed a Certificate in Fitness Instruction at Swinburne University. During this time I also completed my Level One Sports Trainer and have gone on to study Sports Massage. On top of this I am a qualified Registered Nurse Grade 1.

My love for swimming started over twenty years, when I became involved in Surf Lifesaving, which I am still involved in at the Gunnamatta Surf Lifesaving Club. I hold numerous lifesaving awards and have competed in Lifesaving Competitions in both Australia and the United States. I am still competing in distant open water swim events. During the 2013/2014 summer, I competed in over 45 kilometres of swim events.

My swim coaching occurs in both the pool and, during the summer, in the ocean. While I coach numerous squads, involving swimmers of different ages, my main Masters coaching occurs on Thursday night.

My philosophy of swimming is simple - to get the most out of every swimmer. This is achieved by gently pushing the individual outside their comfort zone. It is important that each swimmer realises that a good coach will try to influence this comfort zone. While this is my main philosophy, I also realise that Masters Swimming is all about inclusion – fun and fitness.

I hope to see you in the pool soon.