

## MEET THE COACHING STAFF

### **Jamahl Hogan, Head Coach** Contact Jamahl at [hoganjamahl@gmail.com](mailto:hoganjamahl@gmail.com)

Coach Jamahl discovered his love for swimming at the age of 6 and hasn't looked back. He is from Holland, Michigan and grew up swimming competitively for West Ottawa where he was part of a state championship high school team. After high school, he committed to Grand Valley State University where he is now finishing his Senior year as a student and a member of the Varsity Swim Team. Coach Jamahl is excited to share his passion for swimming through this coaching role. He can't wait for the opportunity to give back to the West Michigan area and keep this region's great swim tradition alive.

### **Sara Keen, Assistant Coach**

Sara started teaching swim lessons 17 years ago at the Allegan Aquatic Center. Sara's coaching journey began 13 years ago at the same pool. Sara has coached ages 5-18 years. Sara thinks 8 and unders are the most fun to coach because this is all new to them and she gets to show them how fun and exciting swimming can be! But, she really enjoys all of the age groups because they each bring a different level of fun as well as challenges. She is looking forward to seeing our ZAGS athletes again!

### **Libby Nelesen, Assistant Coach**

Coach Libby has spent a majority of her life at the pool. Her competitive swimming career began in elementary school and she has been hooked ever since. Libby grew up on the east side of MI where her love of swimming began at an outdoor swimming league. She swam for 4 years at Calvin University where she studied math education. Libby went back to coach for 3 years at the same summer league she grew up with, assistant coached with GR Christian HS girls for 2 years, and coached with a club team in Minnesota when she lived there briefly after college. Libby is the head coach for the Unity Christian girl's swim team and currently is a math teacher at Unity as well. Libby is also on the coaching staff of WMS and is super eager to share her love of the sport. Libby's favorite part about coaching is spreading joy and fostering relationships that stem from swimming.

**Coaching Philosophy:** *"My primary goal with the ZAGS program is to help each and every swimmer be the best they can be both in and out of the water. Through the sport of swimming each child has the opportunity to learn important life lessons like the benefits of hard work, teamwork, collaboration, and resilience. While myself and the other coaches will certainly improve each child's swimming ability, it is equally important to us that we help them learn these life lessons as well. No swimmer is the same but we will do everything possible to help them become the best swimmer they can be."* - Coach Jamahl