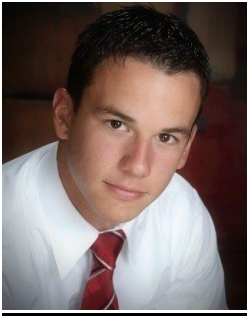


CANAL WINCHESTER DOLPINS COACHING STAFF 2010

Head coach:JUSTIN ANDRADE (pronounced An-drah-dee)



Our new head coach is a 19-year-old Westerville native currently attending Ashland University and studying exercise science. His goal is to pursue a coaching career in a Division I program. He is a year-round swimmer who trained with Greater Columbus Swim and competes in multiple events for his university team on the NCAA level. He is a former swim instructor for Lifetime Fitness in Dublin, Ohio, and former coach at the Annehurst Pool in Westerville. Justin believes in a structured practice with video analysis of swim techniques.

He is a contributing reporter at swimming championships for Collegeswimming.com.

Asst. Coach:MATTHEW VOGELE (pronounced Voh-gee)

Matthew is a 21-year-old student at Ashland University studying International Business and Spanish. He is an 8-time swimming All-American for the Eagles and swam competitively for the successful Countryside YMCA team in Lebanon, Ohio. He is a former Assistant Coach at the Beckett Ridge Country Club in Westchester, Ohio. He has also served as a volunteer swim instructor at Ashland and with the Special Olympics since 2007. He is an expert on stroke mechanics and dry-land practice routines for ages 6 to 15.

He was an Academic All-American in 2009.

Asst. Coach: JANA KAHRIG (pronounced Car-ig)

Jana is a 21-year-old college student at Western Kentucky University and currently swims as a sophomore on their team. The Bloom-Carroll graduate and Lancaster native began her swimming career at age 5 with the Lancaster YMCA and the Collegeview Barracudas. She is a year-round swimmer with Greater Columbus Swim and loves to work with children in the water.