

BNSC swimmers and families,

The BNSC Board would like to announce Coach Paul Murphy as the new Head Coach/CEO of Bloomington Normal Swim Club. In addition to administrative oversight of the club and head coaching duties for all groups, Coach Paul will be the primary coach for the upper level age group and senior level swimmers. Coach Paul has served as the Head Coach of Sheridan Swim Club (Quincy) for the past year. Prior to that position, Coach Paul has coached not only club swim teams but also high school, collegiate, and masters programs. His previous coaching venues include Danville, Kentucky; Southlake, Texas; St. Louis, Missouri; and St. Charles, Missouri. Growing up in the St. Louis area, Paul swam competitively for the Sugar Creek Swim Club (MO) and went on to compete for the University of Missouri – St. Louis and South Carolina State University while earning degrees in Physical Education as well as Organizational Management.

Currently in his 30th year of coaching, Coach Paul has coached many USA Olympic Trials, National, and Sectional qualifiers, along with several high school All-Americans. In addition, Coach Paul has coached over 35 National Top 16 individual swimmers and one National Age Group record holder; and at least 11 of the 2008 Olympic trials qualifiers were at some point in their careers coached by Coach Paul. He is currently certified by ASCA (American Swimming Coaches Association) as a Level 5 Senior Coach and as a Level 4 Age Group Coach, although he is working toward Age Group Level 5. Level 5 is the highest certification ASCA awards coaches, which places Coach Paul in the top tier of ASCA-accredited coaches.

Coach Paul stresses technical training with progressive approaches, and he also endorses a positive team atmosphere in which each swimmer achieves not only sound swimming technique to help them reach their goals, but also learns discipline, good sportsmanship, and good citizenship. Under Coach Paul, BNSC's swimmers will be trained with the most up-to-date sprint, distance, middle-distance and IM stroke techniques, many of which are currently implemented by some of the top college and club teams in the US.

Coach Paul is very active in supporting the sport of swimming within his own club and within his community and state. He has grown the membership of many of his clubs exponentially within a short period of time. He has also participated heavily in local swim club administration, serving as Head Coach of the Ozark Zone Team as well as the National Team Coach of the Rockwood (MO) Swim Team, and he has administered countless swim camps and clinics. Coach Paul has served in every capacity of swim club organization and management, and his versatility and vast amount of experience in every aspect of coaching and management is what makes him a great fit for BNSC.

Coach Paul is extremely excited to begin his coaching responsibilities with BNSC and looks forward to getting to know each swimmer and family and the B-N community as a whole. He will begin his transition following the conclusion of the long course championship season. We will organize opportunities for the swimmers and families to meet Coach Paul prior to the official start of the short course season training schedule.