

## Coach Kim Lester

Kim started coaching swimming at 16 years of age in Napa CA where she ran a Swim America swim school. She then moved on to be an age group coach with the Napa Valley swim team, where she worked with Paul Bergen, Jack Ridley, and Bob Bowman.

Kim swam as an age group swimmer for the Napa Valley swim team until age 14 and then swam in junior college. She has always been active in athletics and swim, as well as running. She has completed 21 marathons, so far, and numerous triathlons. After meeting her husband, while a flight attendant at Southwest Airlines, she moved to Camas Washington where she started her own swim school that focused on younger children and triathletes.

In 2012 her family moved to Phoenix AZ and her children, Ryan and Amelia, joined Scottsdale Aquatic Club. Kim was an age group coach at Scottsdale Aquatic Club. Scottsdale Aquatic Club is a top 10 National team and perennial Gold rated swim club. Kim also coached High School and Junior High at Scottsdale Preparatory Academy. While coaching at Scottsdale Prep, Kim's team won the small school championship and was runner up for division 3 schools in the state of Arizona.

Kim's husband works for Southwest Airlines, so in 2017 they moved again to Rockwall where both Ryan and Amelia swim. Kim is passionate about swimming and fitness, she was a certified Crossfit instructor and a life long teacher. Her emphasis is on form and technique and loves working with the newer swimmers.