

### **Head Swim Coach – Dave Lulis:**

Dave acquired the Aquaducks Head Coach position in the Summer of 2008. Dave has been an Assistant Coach for the Aquaducks since Fall 2006. Dave is originally from the Detroit area and swam competitively through high school. During that time he taught all levels of swimming from the beginners to advanced lifesaving at local pools and then at Central Michigan University. His favorite events are the freestyle sprints. Dave currently is certified as: YMCA Swimming Official, CPR Professional Rescuer, Principles of Competitive Swimming and Diving, Oxygen Administration and Safety Trainer for Swim coaches. He lives in Lake Zurich with his wife and two children who are members of the Aquaducks team.

### **Assistant Coaches:**

#### **John VanAlstyne:**

John joined the Aquaducks coaching staff in Winter 2005. He is originally from Menomonee Falls, WI. He swam competitively from age 7 to 13 and qualified several times for the Junior Olympics in backstroke and IM. He also coached the McHenry Marlins Swim Team for 3 years prior to joining F.A.S.T. John lives in Island Lake with his wife and three children and is employed as a manufacturing engineer in Lake Zurich. He is excited to bring his love of this lifelong sport to the youth of the Foglia YMCA.

#### **Christie Lane**

I joined the Aquaducks coaching staff in Fall 2007. I am originally from Indiana and grew up in the Lafayette area. I swam competitively on a USA club and in high school from age 12 to graduation. I have never completely stopped swimming because I love it so much! Currently I swim so I can compete in triathlons. While in high school I taught swimming lessons at our local YMCA. I have worked for the Y in aquatics, childcare and fitness for a combined total of about 15 years. I am also an exercise physiologist and work for a cardiac rehab center. My two children are on the Aquaducks team and our family enjoys the time we spend together due to swimming. I am excited to have the opportunity to work with the team and to help instill a love of swimming and an excitement for team spirit and friendships.