



*Aquatic Times*

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## AT Features Crow Canyon Coach Matt Struempf



### Crow Canyon Coach Matt Struempf

When the topic of “swim teams” comes up, the Crow Canyon Sea Lions are at the top of conversation. They’re a dominant force to be contended with – such as at Walnut Creek Aqua Pentathlon Invitational and County Meet! Their coaching staff is co-headed by six-year veteran, and arguably one of the most inner-driven men in his league, Matt Struempf. This self-motivation has graced his plate with achievements – most notably, earning the title of “All-American” for D.V.C. water polo. And his mission is to pass on this powerful tool to the children he coaches, as he told us, “I wish I could teach people about having a strong inner drive,” Matt says. “This is very important because you will need it for everything in life. I have a strong inner drive and I try to give it to all my swimmers.”

But, as important as all this is to building and retaining the success of a team, Matt realizes that kids will fall away and lose their inspiration if they lose their love for the sport. “I wouldn’t say that I am to the text book with swimming,”

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comments Matt, "but I feel the most important thing to make kids successful is to make sure they are enjoying what they are doing. If you can really connect with a child, then I feel they will try to achieve more."

And, after four years with the Sea Lions, and desiring to give his knowledge back to the kids, is he witnessing the fruits of his labor?

"What I love most about coaching is seeing how much my kids have improved from the first day I set foot on the pool deck – not just the highly competitive kids, but every child I have coached. My kids keep improving and that's what encourages me, to be around them."

Firmly believing that one is only as good as the people around them, Matt attributes the success of Crow Canyon to the help and wisdom of the team as a whole.

"All my success at Crow Canyon is with my coaching staff, the parents' involvement and especially Ethan Hall," he comments. "Without Ethan this team would not be as good as they are. His knowledge and experience has improved the team dramatically." In addition he believes, "Crow Canyon has the best families and coaches in this area. I feel blessed to have been part of this team as long as I have."

Matt hopes that one day when his swimmers are grown and speak of him that they will put his name and the word "commitment" in the same sentence. "I want to be remembered as the coach that helped make people realize how much time and effort it takes to be successful," he shares. "Commitment is a great quality one can have in life, and swimming is that type of sport where you need to be committed."



*Matt with co-head coach Ethan Hall.*

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**Even though the REC season is over, AT's coverage isn't! Look for our Upcoming REC Features Articles/Photos this fall on:**

County Championships-More Coaches & Swimmers  
Concord City Meet  
Scottsdale Invitational  
Vista Diablo's, Sam Craven  
Black Hawk Swim Team  
Forest Park's Coach, Jeff Mellinger  
Black Hawk's Record Setting 6'8" Boy, Forrest White  
Olympian and Miramonte Coach, Mike Stamm  
Black Hawk's, Georgi Cappelletti

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