

CALL 925-381-7730 now about reserving this ad space!

# Aquatic Times



Your Number #1 Source for Contra Costa County's Aquatic News  
[Front Page](#) | [About A.T.](#) | [Advertise](#) | [AT Feature](#) | [Classifieds](#) | [College](#) | [HS](#) | [REC](#) | [Records](#) | [USA](#) | [Submissions](#)



**Featured Athlete/Coach Archives**  
 Note: All Archive Files are in PDF Format.



### Previous Featured Articles for 2008

- [Swimming the Golden Gate--Part 1](#)
- [Two Del Amigo Sisters Break 24 Records in 2008](#)
- [Debbie Johnson Named Rudgear Meadows' Head Coach](#)
- [Andrew Preston Named New Coach for Aquatic Times Swim Academy](#)

### AT Special Feature:

## Kevin Hoff and Nicole Toriggino Named New Co-Heads for the Walnut Heights Otters



*Nicole Toriggino, Former Head Coach Holly Johnson and Kevin Hoff*

### Interview with Nicole Toriggino and Kevin Hoff

**Q:** Please tell us how you feel about being the new head coaches at WHO.

**Nicole:** I'm so, so excited. I have had so much fun working under Holly for the past two summers, and I am excited to be continuing with WHO, and to keep the energy and excitement going. Many coaches have already been planning exciting activities for next summer, and I can't wait to tackle the head coaching position with Kevin!

**Kevin:** I am very excited about becoming the head coach of a great team like Walnut Heights. It is a great honor to coach for a prestigious team in the Walnut Creek Swim Conference like Walnut Heights. At this point in my life, I could not imagine a better job.

**Q:** What is your past coaching experience?

[Walnut Heights Otters set Six Records](#)  
[The 680 14 & UNDER Girls Qualify for JO's Olympic Training Camp at Stanford](#)  
[Olympic Trials Coverage by Matt Martinez](#)  
[Chelsea Chenault, 13-Year-Old Phenom](#)  
[3 Walnut Creek Aquanauts Named to 2008 U.S. Junior National Team](#)  
[Walnut Creek Aquanauts Top Junior Team and Trio in the Nation](#)  
[Crow Canyon Sharks Place Second at Far Westerns](#)

[Young Terrapins Shine at Pre-Olympic Trial Swim Meet](#)  
[Crow Canyon Sharks Shaila Yoder](#)  
[Olympic Trials, Here we Come!](#)

**Aquatic Times Archived**  
**Features & Articles From 2003**  
**Note: All Archive Files are in PDF Format.**



[Archived Features & Articles from 2003-2007](#)

**Nicole:** I was an Otter Pup coach for three summers (all together), and I have coached the Otters for the past two summers.

**Kevin:** This coming season will be my second season coaching, and my first as a head coach. I spent the 2008 season as an assistant coach for Walnut Heights.

**Q:** What is your swimming background?

**Nicole:** I started as an Otter Pup when I was four years old, and swam with the Otters until I was 11. When I turned 11, I made the transfer to year round swimming with the Concord Terrapins. I absolutely loved swimming with them, and continued with them until I graduated HS. I also swam four years varsity swimming with Las Lomas High School.

**Kevin:** I swam for fourteen years for Walnut Heights until my first year as a coach for Walnut Heights; I also swam four years for Las Lomas High School.

**Q:** Why do you enjoy coaching?

**Nicole:** I love that I have the opportunity to combine hanging out with the kids with the sport of swimming. I feel like coaching has always come kind of naturally to me, and I love that I can help and support the kids in something that they love doing. I am no longer swimming competitively, so being around the pool reminds me of my old teams. Those were some of the best times of my life, so I enjoy sharing that experience with other swimmers and families.

**Kevin:** I like coaching swimming because it can offer something to everyone on the team, because of its real world application, and because of the effect that a coach can make on a swimmer. Unlike sports like football, baseball, etc. where there are starting line-ups where the starters receive much more playing time than the subs, with swimming, every swimmer on the team has the opportunity to swim regardless of ability; all swimmers strive for the same goal of getting personal best times. Along the same lines, I believe that swimmers through the achievements of best times can show the swimmers that when they work hard they can achieve good things and they can feel proud about their achievements. And finally, I want to show swimmers that when they are passionate about something, like I am about swimming, they can have a great time and have great success in whatever they choose to do.

**Q:** What are some things you enjoy outside of swimming and coaching?

**Nicole:** I love to hangout with my friends, run, eat, listen/dance to music, read magazines, laugh, go to the movies, shop, go to school (most of the time), etc. I'm living in San Luis Obispo right now, so I'm loving hanging out here with my

friends, and going to the beach.

**Kevin:** Outside of swimming and coaching, my life passion is music. I am studying music, with a focus on tuba performance and music education, at San Diego State. I play tuba in the Wind Symphony, Orchestra, and Brass Ensembles at San Diego State. In addition to tuba, I also play guitar and sing in a rock band.

**Q:** Who are some of the swimmers you enjoy watching?

**Nicole:** My favorites are the ones where, throughout the whole season you work with them on one little thing, and finally, finallyyy, by Conference they actually do that one little thing correctly. Those are my favorites. I love seeing improvements, even if it's just a little thing. Those little things make your day.

**Kevin:** Ian Thorpe's freestyle has always intrigued me. I love how smooth, yet powerful his freestyle is. The other swimmer I enjoy watching is Brendon Hanson. Breaststroke has always been a stroke of great interest to me because of it is different than the other four strokes.

**Q:** Is there anything else you would like to add? **Kevin:** I am already looking forward to and planning next swim season, even though it is six and a half months away.

[Visit are great "Archived Features & Articles Page" for featues and articles from 2003 to 2007](#)

*Copyright © 2003-2008 Aquatic Times*