



LAC coach makes Olympic coaching staff

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Lakeside Aquatic Club coach Shannon Gillespy was recently selected to the Olympic swim team coaching staff for the Games of XXX Olympiad.

LAC officials confirmed the news last week in a press release. Gillespy, who is also the Marcus swim coach, will be the team manager for the Open Water swim team and will also work with the pool team after the conclusion of the open water event.

"When coaches are not coaching I am the person that takes care of the athletes," Gillespy said in a team press release. "I make sure they have everything they need to focus solely on swimming their best race possible. Whatever it takes to build a champion."

In 2009, Gillespy became the team manager for the U.S. Open Water World Swimming Championship team and has accompanied the swimmers to competitions in Quebec, Italy and China. Leading up to the Games this year, she will be accompanying the U.S. National Open Water swim team members to various trial and qualification races in Florida, Quebec and London.

According to the release, Gillespy said she will begin work at the National Open Water Camp in Florida in June. In mid-July, she'll accompany the Olympic Open Water Team to Canada for Team Camp and cold water training.

Gillespy has been coaching for 28 years, 15 of which have been spent with LAC. LAC is one of the fastest growing teams in the country and the largest in North Texas with close to 600 swimmers. LAC has locations in Keller, Flower Mound, The Colony and Denton. According to the team website, Gillespy serves on the USA Swimming Board of Directors and is the President of the Texas Interscholastic Swim Coaches Association and the Technical Planning Chair for North Texas Swimming.

She spent five years coaching Team Orlando Swimming and served on the Florida Swimming Board of Directors before returning to Texas to coach the swim team at Marcus. While coaching at Marcus, she has

been named District and Region Coach of the Year on numerous occasions and has coached TAGS state champions, high school state champions and Olympic Trial Qualifiers.

“It is all about strategy and knowing who you are swimming against and how to handle the changing environment, and nutrition and hydration during the 10K race, which takes about two hours,” Gillespy added.