

## RSA Swim Team Coaching Staff and Office Hours

---

The coaching staff at RSA boasts a wide breadth of experience, a strong commitment to helping young student-athletes grow and a genuine passion for the sport of swimming.

**Ethan Cooke, Head Coach**

[ethan.cooke@swimrsa.org](mailto:ethan.cooke@swimrsa.org)

Office Hours: 12:00pm-2:00pm T, H, F

Practice Groups: All Non-Introductory Practice Groups

**Ronnie Vaughan, Head Age Group Coach**

[ronnie.vaughan@swimrsa.org](mailto:ronnie.vaughan@swimrsa.org)

Office Hours: 12:30pm-2:30pm M, T, H

Practice Groups: Barracuda, Dolphin, Mako, Nova, Mackerel, PreSenior, and Wahoo

**Paul Elaisa, Head Developmental Coach**

[paul.elaisa@swimrsa.org](mailto:paul.elaisa@swimrsa.org)

Office Hours: 12:15pm-2:15pm T, H

Practice Groups: Cobia and Jack

**John Hinton, Sunset Site Lead**

[john.hinton@swimrsa.org](mailto:john.hinton@swimrsa.org)

Office Hours: 12:30pm-2:30pm M, H

Practice Groups: All Sunset Practice Groups

**Kristy Lai-Harris, Sonner Site Lead**

[kristy.lai-harris@swimrsa.org](mailto:kristy.lai-harris@swimrsa.org)

Office Hours: 12:30pm-2:30pm M, H

Practice Groups: Barracuda and Senior Silver

**Jenni Martin, Strength and Conditioning Coach**[jenni.martin@swimrsa.org](mailto:jenni.martin@swimrsa.org)

Office Hours: Upon Request

Practice Groups: All Sonner Practice Groups With Dryland

**David Cairns, Lead Coach**

[david.cairns@swimrsa.org](mailto:david.cairns@swimrsa.org)

Office Hours: Upon Request

Practice Groups: Blackfin Afternoon, Dolphin and Mako

**Mimi Holland, Lead/Assistant Coach**

[mimi.holland@swimrsa.org](mailto:mimi.holland@swimrsa.org)

Office Hours: Upon Request

Practice Groups: Bass, Bluegill and Redtail

**Elijah Horman, Lead/Assistant Coach**

[elijah.horman@swimrsa.org](mailto:elijah.horman@swimrsa.org)

Office Hours: Upon Request

Practice Groups: Minnow and Swordtail

**Susan Pearson, Lead/Assistant Coach**

[susan.pearson@swimrsa.org](mailto:susan.pearson@swimrsa.org)

Office Hours: Upon Request

Practice Groups: All Introductory Groups

**Jacob Cole, Lead/Assistant Coach**

[jacob.cole@swimrsa.org](mailto:jacob.cole@swimrsa.org)

Office Hours: Upon Request

Practice Group: Blackfin Evening

**Emma Williams, Assistant Coach**

[emma.williams@swimrsa.org](mailto:emma.williams@swimrsa.org)

---