

Coaching Bio - Michelle (Michi) Sanders

I began swimming competitively during my junior year of high school and continued at a Division 3 college for a few more years before transitioning to water polo as my sport of choice. In 1997, I continued to swim with a local United States Masters Swimming (USMS) team in Alameda, CA and began competing in local olympic distance triathlons. Since then, my interest has morphed into distance open water swimming and I would love to try competitive masters swimming.

I began coaching youth swimming in 2009 with the Heidelberg Sea Lions and have continued with the Piranhas since moving to Stuttgart in 2012. I enjoyed coaching the kids so much that I volunteered to coach some of the Piranhas swim parents in 2015. Since then, I have received my Level 1 & 2 USMS and American Swim Coaches Association (ASCA) Masters and Age Group Coaching Certifications.

My commitment as your Coach, is to facilitate improved health and fitness through swimming. I hope to create a fun fitness and healthy competitive environment for swimmers of all ages. I would like to reach out to various types of adult swimmers, including the triathlete, the open water swimmer, the fitness swimmer, and the competitive pool swimmer. My coaching style is largely focused on injury prevention based upon my professional background as an Orthopedic and Sports Physical Therapist. However, my workouts emphasize proper technique in all of the competitive strokes; butterfly, freestyle, breaststroke, and backstroke. I will reinforce proper technique with each stroke and when performing starts and turns in order to reinforce proper body position with the actual stroke.

Swim hard, swim fast, and have fun!!

Michi Sanders
Stuttgart Piranhas -
Masters Coach and Group 3 Age Group Coach

