



## **Kathleen K. Prindle**

Kathleen Prindle has been a unique and inspirational coaching presence in South Florida. A former competitive swimmer from Northeastern Pennsylvania and a 1993 graduate of Pennsylvania State University, she has more than twenty years of aquatics experience. Kathleen is an ASCA Level 5 coach, the highest level attainable.

After earning a B.S. degree in Psychology from Penn State, Prindle moved to New York City to begin a career in the corporate fashion industry. During her nine-year tenure at Liz Claiborne, Inc., she was promoted to various Senior Executive roles. She drove significant revenue for the company and led first-time initiatives that opened multiple international markets, as well as piloted Liz Claiborne's telecommuting program, unheard of in 1999.

Though retired from swim competition and busy developing her boardroom experience, Prindle never strayed far from her sport, and began moonlighting on nights and weekends at local pools. She started a Learn-to-Swim program for disadvantaged youth in Hoboken/Jersey City. This soon led to a 1994 partnership with Stevens Institute of Technology in New Jersey, where Prindle started a Masters team as well as an Age Group team, earned her first Head-Coach position for both, and took the Hoboken Hurricanes/Masters from the developmental stage to their inaugural competition year of 1998. From 1987 – 2002, Prindle created eight Learn-to-Swim programs through the American Red Cross, AAU, and USA Swimming, and taught hundreds of students. She also taught and coached throughout Pennsylvania, New York, Northern Virginia, and at Orlando's Disneyworld.

Upon relocation to Florida in 2002, Prindle returned fulltime to the pool deck. She was honored to be recruited, trained, and mentored by six-time Olympic coaching legend Michael Lohberg, who tragically passed away in April 2011. She helped produce eight Olympians, one World-Record holder, two American Record-holders, eight FHSAA State Champions, multiple JO/Zone/and Sectional Champions, one Pan-Am Champion, and nine All-American swimmers. Prindle directly coached multiple athletes to JO, Zone, Sectional, State, and Junior National titles. Many of her swimmers have gone on to further their careers at the Collegiate, National, and International World Championship levels. She has also worked with other professional athletes (baseball players, tri-athletes) in cross training techniques and to finesse their aquatic skills.

In addition to her recent work in Club swimming, Prindle has been a guest lecturer at Lynn University on Business Practices and a Consultant for various swim schools throughout Florida's Gold Coast. She lends her expertise to the Grandview Preparatory School in Boca Raton, FL, where she has served as Aquatics Administrator/Head Varsity Coach for nine years. At Grandview, Prindle manages the on-site aquatic facility, and has been the Varsity Boys' and Girls' Head Coach since 2003. She also developed the Lower School PE curriculum and instituted Middle School swimming as a funded sport.

The continual pursuit of coaching knowledge and professional excellence earned her an American Swim Coaches Association Fellowship for 2010.

Kathleen Prindle is driven by a desire to help each and every athlete achieve their own athletic goals through a focus on technical perfection, a positive coaching style, and illumination of life lessons. She sees tremendous value in interacting with her swimmers with laughter and kindness, to create an environment where any success is possible.

She and her husband, Chris, reside near the beach in Boca Raton.