

Please Welcome New Coaches:

**Liz Schoborg---Assistant Coach Sr. /National Groups**

We are excited to welcome Liz Schoborg to our Coaching staff. Liz will be assisting Head Coach Benson Spurling with the Sr. /National Groups and occasionally coach Kevin with the Transition 2 group. Liz grew up in Cincinnati and attended Oak Hills High School. She swam for the Gamble Nippert YMCA as an age grouper.

Liz then went on to swim in college at the University of Missouri where she won many honors. She was her team's Most Improved Swimmer in 2003 and Team Captain in 2005-06. Liz was the recipient of the inaugural Coach Goldfarb Excellence Award. Liz was the Big 12 runner-up in the 200 fly 2004 & 2006 and NCAA provisional qualifier. Liz was the Big 12 Performer of the year in 2004 and 2006. She is the School Record Holder in the 100 Fly, 200 Fly, 400 Med. Relay, 200 & 400 Fr. Relays. An outstanding student athlete Liz was 1<sup>st</sup> team All Academic big 12 2006. Having studied abroad in Australia in the fall of 2006 Liz graduated in May of 2007 with a Bachelors of Psychology.

Coach Liz coached with the Total Fitness summer club in Missouri and well as coaching the University Mizzou Swim Camps, Liz is very excited to be a part of the CAC program. Please welcome Liz to our team.

**Laura Koehne---Assistant Coach A-2**

We are excited to welcome Laura Koehne to our Coaching staff. Laura will be assisting Ben Clark with our A-2 group.

Laura was born and raised in Cincinnati and attended college at Elon University. She teaches Biology at Indian Hill High School and likes to run in her spare time. Laura swam as an age grouper, and has coached summer league (Windwood Warriors) and winter USA Swimming with the (Sycamore Flying Fish). She was a lifeguard for 8 years at Windwood Swim and Tennis and managed/head coached at Lawndale Swim and Tennis in North Carolina. I am looking forward to a great season and can't wait to be a part of the CAC team! Please welcome Laura to our team.