



The Seton swim team's coaching staff consists of hardworking, dedicated individuals that bring years of experience and knowledge.

Coaching Staff:

Jodie Monnig Schaefer, Seton class of 1991, has been with our program for nine years, seven years as head coach. 2019 & 2021 GGCL Coach of the Year. She swam for Seton from 1988-1991 was a state qualifier and continued swimming for Wright State University.

Avery Moehring, Seton class of 2021: 3rd year assistant coach for Seton.

Maureen McMahon, Seton Class of 2013: 5th year Head Dive Coach for Seton

Our Goal- To be one of the most successful swimming programs by developing and promoting:

***Good Attitudes:** by providing and promoting positivity.

***Confidence:** by encouraging our swimmers to step out of their comfort zone and try new events, and developing the correct technique to drop time.

***Dedication:** by supporting; hard work, a healthy lifestyle, commitment, self-discipline, setting goals, and making a plan to achieve the goals.

***Great Effort:** by encouraging excellence and a maximum effort during training and competitions that will produce faster times.

***Life Lessons:** by providing an environment where swimmers develop life skills such as loyalty, cooperation, accountability, honesty, fairness, and self-control.

***Good Sportsmanship:** by promoting; a feeling of unity, school spirit, integrity, teamwork, and respect for teammates and opponents.

Practices: Where- Delhi & Gamble Nippert YMCA

When-5 days a week | M & F 3:30PM-5:30PM, T, W, Th 3:00PM-4:30PM

Subject to change

Preseason Conditioning | Begins in early September.

Tryouts | Late October

Any Questions, please contact Head Varsity Coach Jodie Schaefer at schaeferj@setoncincinnati.org.

FOLLOW US: X/Instagram - @setonhsports