



**EXPRESS
SWIMMING**



Join One of The BEST and MOST FUN
SWIM TEAMS in New York



JULY 28-30 AT HOFSTRA 5:00-6:00PM
SEPTEMBER 8-11 AT HOFSTRA 5:00-6:00PM
AT
HOFSTRA UNIVERSITY SWIM CENTER
Limited availability, first come first served

EXPRESS-SWIMMING.COM



SWIMEXPRESS

CONTACT: LIEcoach@aol.com or rortof@gmail.com

COACHES

Head Coach - Rick Ferriola

Rick Ferriola has been coaching competitive swimming for more than 45 years. He has been at Hofstra now for 40 years and along with his coaching staff has developed one of the top teams in the Metro region. National level athletes as well as novice level swimmers have achieved much success as a result of being a team member at Express.

Head Coach - Robert Ortof

Robert has been coaching in the Metro area for more than 50 years. He has coached many swimmers to the Junior National and Senior National level. He is rated as one of the top coaches in the country. Top level collegiate swimmers have emerged from our program, producing 4 Olympic trial qualifiers over the past few Olympic trials.

Assistant Coach - Gail Wakefield

Gail has been coaching more than 30 years with the Express swim team. Gail helps develop our 12 and under swimmers. Her patience and caring approach towards our young swimmers along with her knowledge of stroke technique has given her much success. Gail is a graduate of Syracuse University.



EXPRESS SWIMMING TRYOUTS