

**Swim Coach Safety Training Providers Serving Pacific Swimming**  
(Data as of August 15, 2011)

<b>Zone</b>	<b>Contact Name</b>	<b>City/State</b>	<b>Phone(s)</b>	<b>Email/Website</b>	<b>Affiliation</b>	<b>Curriculum Information*</b>
1N	Ballard, Jaime	Redwood City/CA	408-373-6078 650-364-6272	<a href="mailto:ballardcerts@gmail.com">ballardcerts@gmail.com</a>	ARC/Bay Area	FA, CPR, STSC & LGT
1N	Knochenhauer, Maggi	Redwood City/CA	650-364-5505	<a href="mailto:maknoche@sfhs.com">maknoche@sfhs.com</a>	ARC/Palo Alto	FA and CPR only.
1N	Lincoln, Kathy	St Francis HS Redwood City/CA	650-968-1213	<a href="mailto:kalinco@sfhs.com">kalinco@sfhs.com</a>		
1N	Provoznik, Paula	Los Altos/CA	650-947-3130	<a href="mailto:pprovoznik@lagcc.com">pprovoznik@lagcc.com</a>		FA, CPR, STSC & LGT
1N	Russo, Vicki	Pacifica/CA		<a href="mailto:russov@ci.pacifica.ca.us">russov@ci.pacifica.ca.us</a>	ARC/Bay Area	
1S	Brown, Johanna	PO Box 1571 Monterey CA 93942	831-235-2749	<a href="mailto:jb.poolqueen@sbcglobal.net">jb.poolqueen@sbcglobal.net</a>	ARC/Monterey	FA, CPR, LGT & STSC for re-certs, challenges & full certifications. Classes by arrangement.
1S	Burton, Michelle	Carmel/CA	831-905-2790	<a href="mailto:mburton56@sbcglobal.net">mburton56@sbcglobal.net</a>	ARC/ Monterey	FA, CPR, STSC & LGT
1S	Olaisen, Renate Henry (HydroInstitute)	San Jose/CA	415-596-6160	<a href="mailto:rho@hydroinstitute.org">rho@hydroinstitute.org</a>	ARC/Bay Area	FA, CPR, STSC, LGT & Aquatic Administration. Locations in Oakland, Palo Alto & San Jose
2	Berendsen, Carol	Oakland/CA	510-430-3351	<a href="mailto:carolb@mills.edu">carolb@mills.edu</a> <a href="http://www.mills.edu/pool">www.mills.edu/pool</a>	ARC/Bay Area	FA, CPR, STSC & LGT
2	Gallindo, Matt	Concord/CA	925-671-3477	<a href="http://www.cityofconcord.org/recreation/swimming">www.cityofconcord.org/recreation/swimming</a>	Jeff Ellis Associates	Jeff Ellis International Lifeguard Training Program. \$65/person.
2	Haase, Keith	San Ramon/CA	925-973-3240	<a href="mailto:khaase@sanramon.ca.gov">khaase@sanramon.ca.gov</a>		FA, CPR, STSC & LGT
2	Milliman, Mike	Walnut Creek/CA	925-939-2624	<a href="mailto:mmswim34@pacbell.net">mmswim34@pacbell.net</a>	ARC/Bay Area	FA, CPR & STSC. Full course or challenge. By arrangement.
2	Zamzow, Ryan	Linden/CA	209-585-6511	<a href="mailto:rzamzow@gmail.com">rzamzow@gmail.com</a>	ARC/Stanslaus ARC/San Joaquin	FA, CPR, STSC & LGT
3	Heys, Judy/ (Norcal Swim Shop)	Napa/CA	800-752-7946	<a href="http://www.swimshop.com/norcal">www.swimshop.com/norcal</a> (follow link to Pacific Swim Coaches Clinic)	ARC/Napa	FA, CPR & STSC. Held annually in conjunction with Pacific Swimming Coaches Clinic.(January)
3	Sturdevant, Carol	Rohnert Park/CA	707-584-1421 707-584-7009 707-586-1413	<a href="mailto:swimmom6@juno.com">swimmom6@juno.com</a>	ARC/Sonoma	FA, CPR & STSC. Full course & challenge. Recertification fee \$35/person.

- See USA Swimming “Coaches Safety Curriculum—Requirements and Equivalents” for descriptions of acceptable courses. FA = First Aid; CPR = Cardiac Pulmonary Resuscitation; STSC = Safety Training for Swim Coaches; ARC = American Red Cross; LGT = Lifeguard Training; WSI=Water Safety Instructor.

**—Attention—**

**If you know of additional training providers or if any of the above information is not correct, please contact the Pacific Swimming Safety Chair**  
(Tel: 925-376-4315 or Email: [mike.metcalf@comcast.net](mailto:mike.metcalf@comcast.net))