

Eric R. Martell

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Summary

I am a swim coach, teacher, Aquatics director, and independent school administrator who is looking to make the transition into full-time coaching/aquatics. I have experience as school-wide Aquatics Director, summer camp organizer, USA Swimming age group and senior group coach, and varsity coach for high schoolers at both public and private schools. I believe in slow, longitudinal development of athletes with primary focus on technique refinement. I believe that it's important to build athletes holistically - mind, body, and spirit and to nourish overall athletic development, not just in the pool. Swimming is the great equalizer, meaning that everyone should have the opportunity to learn to swim and have the opportunity to compete. Inclusivity is an important part of my personal ethos but also in the way that I manage my teams - everyone is welcome and everyone has a role to play. Lastly, I believe that training plans, season plans and long term development is best when we're focused on *balance* - between older methods of high volume training and newer ultra short race pace training. Through balance comes well-roundedness, one of my goals.

Professional Coaching and Aquatics Experience

2025-present	<i>Head Coach, Boys Varsity Swimming and Diving</i> CBA-Troy-Columbia	Troy, New York
2025	<i>Aquatics Director</i> Saint Gregory's School and Summer Camp	Albany, New York
2024-present	<i>Assistant Head Coach, Girls Varsity Swimming and Diving</i> Troy-Averill Park-Columbia	Troy, New York
2022-present	<i>Lead Age Group Coach</i> Sharks Swim Club (2024-present) Adirondack Bluefins (2022-2024)	Schenectady, New York Troy, New York
2021-2024	<i>Head Coach, Girls Varsity Swimming and Diving</i> Emma Willard School	Troy, New York
2016-2022	<i>Lead Age Group Coach</i> Delmar Dolphins Swim Club	Delmar, New York
2011-2016	<i>Assistant Coach, Varsity Swimming and Diving</i> Wayland-Cohocton CSD	Wayland, New York
2011-2013	<i>Assistant Age Group Coach</i> Mercury Aquatics Swim Club	Geneseo, New York

Coaching Accomplishments (*Head Coaching denoted)

2025	Adirondack Swimming Short Course Champions	Sharks Swim Club
2025	LC Age Group Zones Coach	Sharks Swim Club
2023	Colonial Council Champions*	Emma Willard
2023	Undefeated Season	Emma Willard
2022	Section 2 Runners Up Champions*	Emma Willard
2021	Colonial Council Champions*	Emma Willard
2021-2023	Head Coaching Record 23-6-1*	Emma Willard
2018	Senior Zones Coach	Delmar Dolfins
2017-2019	Adirondack Swimming Age Group Division Winners	Delmar Dolfins
2016, 2017	Age Group Zones Coach	Delmar Dolfins
2013	Section 5 Champions	Wayland-Cohocton
2013	Fab 4 Champions	Wayland-Cohocton

Educational Background

University at Albany	PhD Candidate, <i>ABD with distinction</i> Department of History	2014-2018
	MA in History	2016
SUNY Potsdam	BA in History and Political Science <i>Summa Cum Laude</i>	2014

School Leadership Experience

Assistant Head of School, Saint Gregory's School	2024-2025
Dean of Administration, Saint Gregory's School	2021-2024
<ul style="list-style-type: none">• Aquatics Director and Head Lifeguard• Employee Recruitment, Interviewing, Hiring, Orientation, Evaluation, and Management• Standardized Testing Administrative Coordinator (i-Ready, ERBs, WrAP, and NYS Regents)• Set on or chaired administrative and Board of Trustees committees<ul style="list-style-type: none">◦ COVID-19 Taskforce, Chair (2020-2022)◦ Board of Trustees NYSAIS Accreditation Steering Committee, Co-Chair (2020-2022)◦ Board of Trustees Enrollment and Strategic Partnership Committee (2022-2025)◦ Board of Trustees Marketing Committee (2018-2025)◦ Board of Trustees Strategic Planning Committee (2024-2025)• IEP, 504, and special academic accommodations coordinator (2022-2025)• Guided Staff Meetings with Head of School (2022-2025)	

- Master Scheduler (2023-2025)
- Professional Development Administrative Coordinator (2022-2025)
- Press Releases, Copy Editor, and Media Relations (2018-2025)
- Grant Writing (2022-2025)
- Major Administrative work within NYSED Business Portal (2022-2025)
- IT and Ed-Tech Director (2018-2025)
 - G-Suite, CRM databases, Hubspot
 - Website maintenance
 - Software, hardware, and annual subscriptions
 - Digital pay services

Classroom Teacher, Saint Gregory's School	2018-2025
<ul style="list-style-type: none"> • Survey of American History II (8th grade), <i>Lead Teacher</i> • Survey of American History I (7th grade), <i>Lead Teacher</i> • Survey of Western Civilization II (6th grade), <i>Lead Teacher</i> • Living Environment/Biology (7th grade), <i>Lead Teacher</i> • K-8 Technology Education, <i>Lead Teacher</i> • English, Grammar and Writing, <i>Lead Teacher</i> • Senior Research Project, <i>Co-Lead Teacher</i> 	

Major Administrative Initiatives

Saint Gregory's Advanced Degree Tuition Reimbursement (ADTR) Program

- Developed and won Board approval for a tuition reimbursement plan to help cover costs for SGS teachers to seek graduate degree or certifications through accredited universities.

SGS Garden and Sustainable Education

- Supported the expansion and overhaul of the school garden.
- Won a \$2,500 grant to fund the project.

Annual Gala Leadership

- Helped coordinate IT and marketing for the annual Gala.

Local and Regional Partnerships

- Developed a proposal and negotiated partnership deal with the Emma Willard School which offered EWS employees tuition reduction for their children to attend Saint Gregory's in exchange for an annual financial contribution to SGS and the sharing of other resources.
- Help to lead efforts to build partnerships in the area to increase enrollment, provide unique educational opportunities, and assist faculty and staff (RNA Lab, NYS Museum, Channel 10, US Federal Courthouse).

NYSAIS Ten Year Review

- Led and co-authored our ten-year accreditation review for NYSAIS with Dr. Marc Meyer
- Worked with the administrative team, business office, faculty and staff, and board members to adopt timelines, best practices, guidelines, and goals for accreditation.
- NYSAIS follow-up initiatives - worked to implement appropriate changes and improvements based upon our ten-year review.

Redesign of Middle School Advisory Program

- Alongside Dr. Marc Meyer, major redesign of SGS's advisory program with emphasis on My Achievement Plans (MAPs), monthly and trimester themes, and staff development.

Exposure and Prevention Plan as part of NYS HEROES Act (2021)

- Primary author of our EPP (exposure and prevention plan) to meet the State's requirement of making COVID-19 policies applicable to all possible future communicable disease outbreaks.

Confronting COVID-19: A Plan to Reopen Saint Gregory's School (2020)

- Primary author of the School's closing plan, remote learning plan, and the reopening plan for the fall of 2020 with regards to the COVID-19 pandemic.

Certifications

CPR and First Aid	June 2025
Athlete Protection Training	May 2025
Lifeguard Training	January 2024
Lifeguard Management (LGM)	June 2025
Safety Training for Swim Coaches	May 2025
USADA Anti-Doping Program	May 2025
NYS Mandated Reporter Training	January 2024
USAS Level 2 Background Check	Oct. 2025
Foundations of Coaching 101 and 201	2016
USA Swimming Concussion Protocol	2019
NYS Sexual Harassment Prevention Training	Spring 2025
NYS Temporary Coaching License	August 2024
NYS Fingerprinting	August 2024
DASA Training	August 2024
School Violence Training	August 2024
NYS Child Abuse Training	August 2024

Documents Available Upon Request

- CBA-Troy-Columbia Season Plan for Swimming and Diving
- Saint Gregory's Advisory Program Guidelines
- Academic Transcripts
- Curriculum Beliefs
- Philosophy Statement
- Letters of Recommendation
- Saint Gregory's NYSAIS Report
- Saint Gregory's COVID-19 Reopening Plan
- Senior Research Syllabus
- Survey of American History Syllabi
- Saint Gregory's Primary Source Reader for American History

References

Doug Gross	Former Head Coach of Delmar Dolpins douggross@nycap.rr.com • (518) 369-9733	<u>Former Supervisor</u>
Jeff Maxwell	Adirondack Bluefins, Former Head Coach Sharks Swim Club, Assistant Head Coach jeffmaxwell58@gmail.com • (518) 852-6312	<u>Supervisor</u>
Jerry Adams	Sharks Swim Club, Head Coach jerry@schenectadyswimclub.org • (518) 755-3271	<u>Supervisor</u>
Mike Murray	Sharks Swim Club, Assistant Head Coach Albany Academy, Head Coach and Aquatics Director Victor Swim Club, Head Coach Long Island Aquatics, Co-Head Coach Mercury Aquatics, Head Coach coachmurray3m@gmail.com • (845) 797-8260	<u>Colleague/Fmr Supervisor</u>
Alicia Faucett	Sharks Swim Club, Age Group Coach Mohonasen-Schalmont-Duanesburg, Head Coach Mohonasen Schools Aquatics Director aliciafaucett@gmail.com • (518) 330-9241	<u>Colleague</u>
Emily Caboot	Sharks Swim Club, Age Group Coach Adirondack Bluefins, Age Group Coach Troy-Averill Park-Columbia, Head Coach CBA-Troy-Columbia, Assistant Head Coach caboot@apcsd.org • (585) 880-4688	<u>Co-Coach and Colleague</u>
Paul Reinich	Troy City School District, Athletic Director reinischp@troycsd.org • (518) 337-0823	<u>Supervisor/AD</u>
Alison Relyea	Guilderland CSD, Department of Athletics 2018 New York State PE Teacher of the Year relyeaa@guilderlandschools.net • (518) 852-2832	<u>Parent Reference</u>