

JOSHUA FLEAGLE

CONTACT

✉ jswimcoachjosh1@gmail.com

EDUCATION

THE OHIO STATE UNIVERSITY

Bachelor of Human Development
and Family Sciences
2012-2018

Focus in Marriage and Family
Therapy, effectively and routinely
recognize and implement
reflective listening, communication
and other skills and techniques
studied, improving relationship
outcomes.

SKILLS

- Complex problem solving
- Effective collaboration and teamwork
- In-depth stroke evaluation
- Successful season planning
- Application of innovative coaching techniques
- Managing diverse swim programs (Masters, age groups, swim lessons)
- Providing ongoing education to coaching staff
- Financial management and creating/enforcing team handbooks and policies

ABOUT ME

Driven swim coach—excels at complex problem solving, working with others, in depth stroke evaluation, personal growth/successful season planning. Consistently draws out others' best through application of innovative coaching techniques and first-hand experience. Passionate and insatiable hunger to improve and grow.

WORK EXPERIENCE

SWIM COACH | ASSISTANT COACH FOR SPIRE (HIGH SCHOOL) & LEAD COACH FOR 10 & UNDERS, INDIANA

Lawrence Swim Team (2024-Present)

Serve as Assistant Coach for the Spire High School swim program and Lead Coach for the 10 & Under age group. Support daily practices, meet preparation, and athlete development in collaboration with the head coaching staff. Design and lead all training sessions for younger athletes with a focus on stroke technique, water safety, and foundational skill building. Create a positive, age-appropriate environment that promotes discipline, teamwork, and personal growth. Collaborate with fellow coaches to implement seasonal training plans and ensure long-term athlete progression. Provide on-deck coaching during practices and meets, including warm-up coordination, race strategy guidance, and post-race feedback. Maintain consistent communication with athletes and families regarding progress, attendance, and upcoming events while fostering a strong, inclusive team culture.

HEAD AGE GROUP COACH | LEAD JUNIOR ROYAL 4 COACH, INDIANA

Southeastern Swim Club (2023-2024)

Developed and managed training programs for various age groups, focusing on skill development, technique, and competitive performance. Oversaw daily practices and dryland training, mentored assistant coaches, and provided individualized feedback to swimmers. Worked diligently with other coaches to implement new techniques and skills across all age group programs, including water skills and dryland training. Facilitated dryland sessions and introduced an introductory lifting program for 13-14 year olds to prepare them for their transition to the high school program. Building positive relationships with parents and ensuring safety and compliance were also key aspects of the role.

As Lead Junior Royals 4 Coach, created and led training programs for junior swimmers, focusing on technique and competitive strategies. Managed swim practices for the most competitive Junior Royals group, prepared swimmers for high-stakes competitions, and fostered a positive team environment. Handled administrative tasks including scheduling and communication and worked with other coaches to align training approaches.

JOSHUA FLEAGLE

NCAA BIG 10 CHAMPION

- 2014 - 200 Free Relay
- 2015 - 200 Freestyle
- 2016 - 200 Free Relay

NCAA ALL-AMERICAN

- 2014
- 2015
- 2016

OLYMPIC TRIALS QUALIFIER

Events: 50/100/200 Freestyle

- 2024
- 2020
- 2016
- 2012

Olympic Trials Semi-Finalist

- 2016 in the 100 Freestyle

REFERENCES

Available Upon Request

WORK EXPERIENCE

HEAD TECHNIQUE COACH

Central Ohio Aquatics Swim Team, OH
(2019-2022)

Led and scheduled swim camps and clinics for all ages, ensuring that each session was well-organized and tailored to the participants' needs. Focused on technique during practices for swimmers of all ages, helping to refine their skills and improve performance. Implemented video analysis of athletes' movements, providing detailed feedback to enhance training and development.

STRENGTH AND CONDITIONING COACH

Dublin Coffman High School (2022-2023)

Planned and facilitated all weightlifting and conditioning sessions. Responsibilities included designing effective strength and conditioning programs, ensuring athletes' safety during workouts, and providing guidance to enhance their physical performance.

CO-TEAM OWNER | HEAD SWIM COACH

Fluid Swim Team (2021-2022)

Planned and facilitated swim practices, dryland practices, swim meets, and stroke instructions while managing the Masters program, all age group programs, and the swim lessons program. Provided ongoing education to the coaching staff to maintain high-quality training for each age group of swimmers and incorporated new techniques. Additionally, was responsible for finances, bill payments, and the creation and enforcement of the team handbook and policies. Served as the head men's swim coach at Matanzas High School.

SWIM COACH

Bill Wadley Swim Academy, OH (2019-2021)

Provided drill instruction and stroke corrections, ensuring swimmers refined their techniques effectively. Facilitated and instructed dryland exercises, complementing the swim training. Consistently recognized athletes' improvements and adjusted workouts accordingly to promote continuous progress and development.

HEAD SWIM COACH

New Albany Country Club, OH (2020-2021)

Planned and facilitated swim practices, dryland practices, swim meets, and stroke instructions. Additionally, led swim and triathlete camps for all ages. My role also included life coaching, work development, creating dietary meal plans, and promoting a healthy mental focus and goal attainment.