



2009-2010 Season Cornwall Sea Dragons, Inc. Coaching Staff

HEAD COACH

SAMANTHA LEWIS: Our new Head Coach, Ms. Samantha Lewis has been swimming since 1991. She is a recent graduate of Marist College, where she swam for the Marist College Women's Swim Team, swimming during the 07 and 08 academic periods. During this time, she and her team became the MAAC Championships. Prior to swimming with the Marist Team, Coach Lewis swam Division 1 with the Binghamton University Swim Team and was a top 16 finalist in the 200 backstroke and 200 butterfly. Before her Division 1 career, Coach Lewis swam for the JCC Snappers, John Jay high school and the Newburgh Sharks, where she swam for the USA swim team under Mike and Becky Townsend and was a Junior Olympic and Sr. Met qualifier. Coach Lewis has competed in the NY Empire State Games. Most recently, she served as the Assistant Varsity Swim coach for the Cornwall School District and has recently taught in the Marist College Learn to Swim program as well as the Fishkill Allsport swim program. Coach Lewis is WSI and CPR Certified and trained in First Aid.

ASSISTANT COACHES

RYAN D. HENDERSON: Mr. Henderson is a recent graduate from Binghamton University as well as an accomplished swimmer. Following a distinguished period swimming for the Cornwall High School Varsity swim team, Coach Henderson became a Division 1 Collegiate Swimmer, Swimming for the Binghamton University Varsity Swim Team. He also served on the Student Athlete Advisory Committee acting to ensure that Division 1 certification processes, and taught swimming in the Binghamton University Swim Clinic program, helping swimmers achieve NCAA level performance. In addition to swimming, Coach Henderson competed on the Mens Club Rugby team, and has been an enthusiastic community activist. Mr. Henderson currently is employed by MetLife, Inc.

NYISHA GREEN-WASHINGTON: Ms. Nyisha Green-Washington is our newest assistant coach. She is a recent graduate of Stony Brook University where she swam with the Stony Brook University Women's swimming and diving team and served as Team Captain as they moved to Division 1. Prior to this, Coach Green-Washington swam with the Florida A&M University Women's Swim Team and earned the title "Most Valuable" during her entire tenure. Prior to this, Coach Green-Washington swam with the Marlins,



the Monroe-Woodbury Varsity Team (breaking three records) and the Newburgh Sharks, swimming with the USA Swim Team under Mike Townsend and Becky Trenz. Coach Green-Washington has won numerous awards and competitions, and has taught for the Monroe Woodbury summer enrichment program and the Middletown YMCA. A private lessons coach, she has also competed in the NYS Empire Games where she was a metal winner.

CARYN STEFFENS: Coach Caryn joined the Cornwall Sea Dragons as an assistant coach in 2008. Caryn started swimming in 2002 and swam until 2007; she swam for both the Washingtonville Wizards Varsity Team and the Washingtonville Seahawks Swim Club. She coached from her junior year of high school until February 2009 for the Washingtonville Seahawks. She also taught swim lesson from 2002-2007 for the Seahawks, and she continues to provide private swim lessons. Caryn holds certifications in CPR, First Aid, lifeguarding and USA swimming. When Caryn is not on the pool deck you can find her at college taking classes in early childhood education or at Haley Playhouse as an assistant daycare provider.

VOLUNTEER COACHS

DAVID FREY, Ph.D.: Dr. Frey lives in Cornwall and is currently a professor at West Point. He has three daughters that swim on the team. Coach Frey begins his fourth year as a volunteer coach, having served as the teams Interim Head Coach during its first year of existence, and also serves on the Cornwall Sea Dragons Board of Directors as Coach Liaison. A swimmer himself, he played water polo at Dartmouth College and was an All-County high school swimmer in Westchester County

TIMOTHY McCARTY: Tim McCarty is currently a Captain in the West Point Fire Department at West Point, N.Y. Tim has two sons, one of whom swims on the Sea Dragons Swim team. As Cornwall native, Coach McCarty swam and coached for the Cornwall Central High School Swim Team. Coach McCarty played swam and played water polo for Morrisville College, where he was the Captain of the Team, and named NJCAA MVP. Coach McCarty is in his third year as a volunteer assistant coach for the Sea Dragons.