

Dear Sundsvall swim families,

We just want to express our excitement in joining you guys in a few months time and truly cannot wait to get started. Until then, we would like to give you all a more detailed look into our backgrounds experience in the world of swimming.

We spent 6 years abroad coaching in Asia, first in Hong Kong with the Hong Kong Island Stingrays. The club consistently placed top 3 at Nationals and developed many swimmers who would move on to the National Team. After Hong Kong, we moved to Phuket, Thailand to develop a brand new swim team based out of Thanyapura Sports Club. Our club grew to over 100 swimmers in 3 years and had swimmers competing in Thailand, Singapore, Malaysia and British National championships.

After Asia we moved back to the US and started with Orinda Aquatics, a swim club based out of Northern California, about 20 minutes outside of San Francisco. In our time there we developed over 15 swimmers ranked top 10 in the US in multiple events as well as a swimmer who became the 2<sup>nd</sup> fastest 400 IMer of all time in his age group. Orinda Aquatics was considered a USA swimming Silver Medal club which means we were ranked top 30 in all of USA. After Orinda, we moved out to Harrisonburg, Virginia and took over the Virginia Gators of Harrisonburg. The team is considered one of the top clubs in the country with a Gold medal ranking and has placed many swimmers in the USA top 10 ranking list the past several years.

Most of our athletes go on to compete at the collegiate level, many on scholarships at some of the most prestigious schools in America and over the years we have built a large recruiting network with the college coaches.

We are extremely excited to be a part of a program with such rich history and success and helping the club and the swimmers develop to its full potential.

Kind regards,

Kevin and Sophie Lai