



I have been a swimming coach at BOSAY RESORT AQUATIC CLUB for the past six years. I am married to my wonderful and understanding wife Lorena. We have three handsome sons named Lorenzo Emzo, Emerson, and Emmanuel and a daughter, Ma. Loren. I currently teach Music, Arts, Physical Education and Health (MAPEH) at Marikina High School and at present is the coach of its swimming team.

I have been involved with the sport of swimming since I was in high school and I further enhanced my skills and knowledge when I joined the Rizal Swimming Team under Coach Kemal Pasah Umih in Marikina Sports Center swimming pool. I also became a member of then Rizal Technological College swimming team competing at the SCUAA Meet.

I started coaching and teaching swimming with my nephews and joined the Marikina Swimming Club in 2000. After a year, I decided to form my own team (Aqua Gems Swimming Team) and began competing in different inter-club competitions under the National Capital Region Amateur Swimming Association and even became its Secretary in 2001. I have taught PE 3 (swimming) for 13 years at the Pasig Catholic College with the Philsports swimming pool as our venue.

In 1998, I developed the Philippine Swimming website, an endeavor which I learned when I was given a scholarship by AMA Computer College in Marikina about windows based software. Its address is <http://www.swimmingpinas.com>.

At present I am a certified Level 2 coach by the World Swimming Coaches Association (getting a perfect score in its Level 1 examination) and a former certified swimming official of the Asia Amateur Swimming Federation. I also officiated various international and local competitions such as the South East Asian Games and the ASEAN University games held in Manila and Inter-Clubs, Regional Swimming Meets and Palarong Pambansa. As Head Coach, I strive to teach my swimmers about sportsmanship while focusing on each swimmers overall improvement and success as a member of the BOSAY RESORT AQUATIC CLUB.