

COLLEGE WEEK OF SWIMMING

Evaluation by Coach Jesse Moore for Dimitris Angouras

(August 18-25, 2024)

" Congratulations on a great week of training! I absolutely loved coaching you this week.

If I were still a college coach, I would recruit you to my school in a heartbeat. You have so much potential and so much in store for your future! Your ability to watch, listen, and feel what you do in the water and make changes is a gift that very few swimmers have at the level that you can do this.

Your body lines and dolphin kicks are a HUGE strength, and you should continue to train them and capitalize them. That's also something you want college coaches to know as you begin the recruiting process. I put you in the distance practice because I wanted to see if my theory was right (I was)...I think in short course meters and short course yards you can be an excellent 400/500 freestyler. Of course, in addition to the 100/200! Keep working on your non-free....even your breaststroke – there is something there! And that can lead to a good 200 IM.

Any coach that tells you they don't have favorites is lying. You were mine (just don't tell the other kids that). I'm so impressed by you, and I can't wait to follow your swimming career! I hope to see you at College Week next summer."

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