



ST PAUL'S BARNES
SWIMMING CLUB

Stefan Bill

Home Town: Wynigen, Switzerland
Favourite Stroke: Freestyle
Swimming Hero: Alexander Popov

Favourite Quote:

"I went into the woods because I wanted to live deliberately. I wanted to live deep and suck out all the marrow of life...to put to rout all that was not life; and not, when I came to die, discover that I had not lived." ~Henry David Thoreau

Stefan Bill has been the SBR Multisports head swim coach in New York, NY from 2008-2010. He has an extensive swimming background and several years of coaching experience as a Total Immersion Senior Coach, ASA Level II coach as well as USA Swimming certified coach, who has been successful in teaching all four strokes.

Prior to his engagement with SBR in New York, Stefan has coached an age group swim team in Switzerland with great success, with most of his athletes placing in the top five at national competitions. He was also on the Total Immersion Europe GmbH weekend workshops coaching team in Germany, Austria and Switzerland from 2002 to 2004 where he led the water sessions. At these workshops he taught all levels and ages of swimmers including phobic, recreational and competitive swimmers as well as triathletes.

After he moved to the United States in 2005, Stefan began competing again, achieving the status of a United States Masters Swimmer All-American (USMS) in 2005 for the 400 Individual Medley and the status of a USMS Relay All-American in 2005 and 2006. Stefan has won several medals at International Masters Events. In 2007, he finished second in the nation in the USMS 1-mile Open Water Championship.

In addition to his personal swimming accomplishments, Stefan has held Total Immersion Weekend workshops in New Paltz, New York, has organized Open Water Clinics in around New York, has been involved as a consulting coach to the West Point Triathlon Team and helped swimmers of all ages and levels achieve their goals.

He has the ability to teach both an individual and efficient stroke to each athlete through his knowledgeable, enthusiastic and passionate teaching style.

Even with his life-long training and swimming experience, he says, "When I jump in the water, all that I want to do is to improve my form and make my stroke even more efficient, so I am able to swim longer, stronger, and faster than ever before."

