

Coaches Spotlight

MEET COACH CHRISTOPHER SIGNORE

Head Coach, Varsity Swimming

Q: What do you do outside of coaching?

A: I'm studying Sports Management at ECC and swim on the ECC team. For the past five years, I've been coaching a club team, the Town of Tonawanda Titans, and I also help run the Neumann Catholic Swim League, which includes Catholic schools across Western New York.

Q: What has been your proudest moment as a coach at St. Joe's so far?

A: My proudest moment so far has been beating Canisius last season for the first time in 25 years, which helped us win our league championship for the first time since 2005.

Q: What are your goals for the team this season, and what challenges do you anticipate?

A: This year, my goals for the team are to continue to compete for the League and MMAA championships. Our biggest challenge is keeping our athletes and growing the team. Swimming is a smaller sport, and every person who joins contributes to the team in a huge way.

Q: Who has been the biggest influence on your coaching style and why?

A: My coaching style is inspired by three incredible people. First, my club head coach, **Scott Vanderzall**, has been a huge help since I started coaching. He's shown me how to structure a season and get the best out of my athletes. Then there's **Tim Bennett**, the Head Age Group Coordinator at my club, who I coach with every day. Tim has taught me just how important the basics are and how drilling fundamentals until they're second nature really pays off. And finally, my high school coach, **Ed Maynard**, showed me the value of a tight-knit team and that hard work always wins. These three coaches have shaped the way I coach today and shown me the many pieces that go into being successful.

Q: When you're not coaching, how do you like to spend your free time?

A: I like to spend my free time either watching or competing in sports. My favorite sport to watch is football, and I am a Denver Broncos fan. My favorite sport to play is golf, and I try to play as much as I can. I have been playing golf for a long time, but only in the last few years have I really gotten into it. Other than that, I enjoy meeting up with my friends from high school and being around them.

Q: What's one fun fact about you that people might not know?

A: I have been learning how to race cars, and I have competed in multiple online E-Racing events and have placed fairly well recently.