Mark Gole stands with members of the women’s swim team at the MACC in a photo from the fall season. Gole said he entered this season with less pressure to set new records.

Gole

Hard work, long hours, strong leadership, and determination are what made men’s swim finish first, men’s 20th at national championship meet

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25. Team spirit. Gole never gives up, and the swimmers never give up either. He even sets up to help them do their mental preparation. "I know that’s crucial," he said. "The fact that he never gives up is something that really gets me. He’s a great swimmer, but he’s a great coach.)

"If you’re going to get the most out of your team," Gole said, "You have to lead by example and you have to show that you really do care about the people you’re coaching."

Gole’s team has been very successful this year, finishing first in both the MIAA and national championships. The team has also set new records by winning every meet they have entered.

"I think it’s a combination of hard work, dedication, and teamwork," Gole said. "We’ve got some great swimmers on this team, and they’ve all been working extremely hard."

Another factor that has contributed to the team’s success is Gole’s ability to instill confidence in his swimmers. "When you’re a coach, you have to believe in your swimmers," Gole said. "If you don’t believe in them, they’re not going to believe in themselves."