

MAKO COACHES

2014

Head Coach Ben Van Dyk



Coach Van Dyk has an extensive background in swimming, which includes both competition and coaching. Over the past 40 years he has coached age group swimmers, the Sandwich High School boys varsity, Masters groups, disabled athletes and triathlon clinics. His competitive career includes honors as a college NCAA All American, Master's Swimmer - setting numerous New England records, a National Championship in the 1,000 freestyle as well as many top 10 Master's National and World rankings in freestyle, butterfly and individual medley. This will be Ben's 5th year as Head Coach and seventh with the team. email – bvandky@ymcacapecod.org

Assistant Coach Kelly Ostrander



I started swimming for YMCA Cape Cod Makos at 8 years old and continued until I was 16, competing at YMCA and USA swim meets. My main events were 100-yard breaststroke and 100-yard butterfly.

I also swam at Barnstable High School all four years and was Captain for two years. All four of my years I qualified for states in both the 100-yard butterfly and 100-yard breaststroke. I played field hockey, crew, and lacrosse.

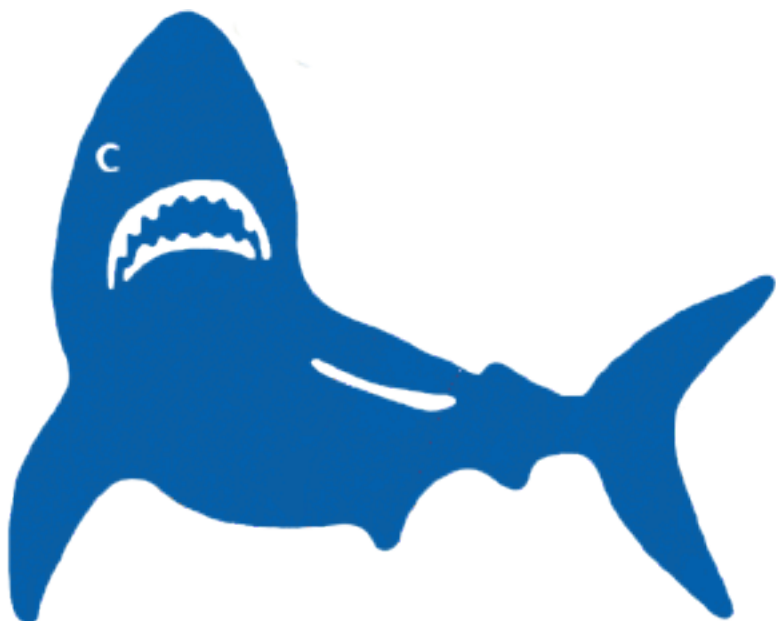
After graduation, I went to Auburn University and graduated with a degree in Interdisciplinary Studies concentrating in Anthropology, Human Development, Family Studies, and Social Work. I played Rugby for two years then decided to try out for the Triathlon Team in 2011 where I competed in the 2011 collegiate Nationals in Tuscaloosa, Alabama and the 2011 70.3 Ironman World Championship in Henderson Nevada.

I have always been passionate about swimming and I am glad to be able to come back to the team I grew up swimming for.

Assistant Coach Molly Booth



Molly swam with the Makos from the time she was 7 until 14, at which point she underwent two knee surgeries. She began swimming competitively again in her junior year of high school and during her senior year, served as a captain. She is a second year psychology major and plans on attending Bridgewater State next year. While she is there, she hopes to join their swim team. Swimming is her one true love and she is excited to be coaching the team that made her fall in love with the sport. She encourages each child to swim to the best of their ability each time they enter the pool; whether it is a meet or practice. She believes in helping each child to be the best swimmer and teammate they can be.



YMCA CAPE COD
Mako Swim Team
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