

HAYDEN ADAMS

My name is Hayden Adams. I'm the head coach of the Wolfville Tritons Swim Club. This is my third season as Head Coach, and the feeling of blessing that I have from holding this position continues to grow and shine. The Wolfville Tritons gave me so many opportunities as a swimmer. Canada Games, Senior Nationals, CIS Swimming Championships and even a few international excursions are some of my personal highlights. But let's back up, because originally I started as a summer swimmer with the Windsor Bluefins Swim Team.

I knew I've always liked the water, but the swimming lessons I was enrolled in at a young age offered no competitive outlet. That is why I knew that I had to join the closest swim team as soon as I could. At the age of 10, I joined the Bluefins, and quickly found my love of competitive swimming, which led to my eventual transition to the Wolfville Tritons Swim Club at the age of 14 to swim year-round. From there, I swam for the Acadia Axemen for 4 seasons, and was the AUS conference champion in the 100 meter and 200-meter backstroke in 2015. That same year, I started coaching with the Windsor Bluefins as their head coach. Initially, it was a way for me to get away from a job I didn't enjoy at the time. What I was shell-shocked by was how happy I was when I slotted myself into a completely different aspect of the sport. After the summer of 2015, I was confident that I found a career path in coaching. I coached with the Bluefins during my summers for 5 years and coached with the Tritons during the rest of the year. In 2019, I took over as head coach, and have been learning so much ever since. Hard work is ultimately what makes the best swimmers, but the environment has to be fun, accessible, and comfortable. That is something I am always working on maintaining, and improving. I am beyond excited to see how the Tritons do in the upcoming season.



BAILEY DOWELL



I am 22 years old and started swimming at age of 6 for the Middleton Missiles Summer team, switched to winter swimming with the Wolfville Tritons for a year at 15 then Greenwood Dolphins till I graduated high school.

I recently graduated from Acadia University with a Bachelor of Kinesiology and started my Bachelor of Education in Elementary Education.

I have been swimming for the Acadia women's varsity swim team for the past 4 years, currently swimming my 5th year while completing my B.Ed.

Throughout my swimming career, I have qualified for both age group and senior nationals. My best events are sprint, free, and fly.

Besides swimming, I enjoy strength training, going for hikes and spending time with my pets. I have been teaching swim lessons since I was 15 and I have experience working with all levels of swimmers. I'm very excited to be coaching for the Tritons and to experience the sport from a new perspective.

Hope to continue coaching as I retire from the sport and start my career as a teacher.



GRACE EARLE



My name is Grace Earle and I am a first year student at Acadia University studying biology. I was born and raised in Halifax and my passion for swimming started with swimming for the Halifax Trojans Aquatic Club where I swam for 11 years. I specialize in backstroke and freestyle and I am currently a swimmer on Acadia's Varsity Swim Team. Some of my greatest memories were having supportive coaches and having the opportunities to travel across the country to compete. I really enjoyed coaching at the Dalhousie Summer Swim Camps from 2018-2019 and I am really looking forward to getting to know the novice swimmers and helping them to improve their skills and strokes.



ALEXA

I'm coach Alexa! This is my third year as a coach with the Triton's as well as my third year as a Business student at Acadia. I have been a part of the swimming community my whole life. From swimming, to lifeguarding, to teaching swimming lessons and of course coaching! I love sharing my knowledge of swimming and getting to see my swimmers improve throughout the season!

