

# FRISCO AQUATICS

A GREAT PLACE TO START AND FINISH



[FriscoAquatics.com](http://FriscoAquatics.com)

**Swim Team**

SwimFrisco@aol.com  
843-469-9715



**Join Now  
Swim Team**

Frisco ISD  
Frisco Natatorium-Pool

[FriscoAquatics.com](http://FriscoAquatics.com)

**First Wednesday**

\* **Skill Assessments** \*

**DATE & TIME**

1st Wed of Each Month  
7:00 pm – 7:45 pm

Coach McDonough  
[SwimFrisco@aol.com](mailto:SwimFrisco@aol.com)  
843-469-9715

Frisco Aquatic's Head Coach Dan McDonough's experience includes competing in the US, Canadian, and British Nationals.

Dan participated in high school swimming and received All-American Honors his junior/senior years. He swam on a full scholarship at USC and qualified for the NCAA receiving an All-American Honorable Mention.

Dan is an ASCA LEVEL 5 coach producing State Champions, Nationally Ranked Age Group Swimmers, Junior

National Finalists, Senior National Finalists, and Olympic Trial Qualifiers.

The finest coaching staff in Texas assists Coach McDonough.

Frisco Aquatics (FA) is a year round program designed to advance swimmers from learn-to-swim programs into competition at the local, state, zone and national levels.

Staff Awards/  
Accomplishments

Olympic Trial Qualifiers  
National Qualifiers  
Junior National Qualifiers  
U.S. Open Qualifiers

Senior Sectional Qualifiers  
Age Group Sectional Qualifiers  
Southern Zone Qualifiers  
Long Course State Champions  
Short Course State Champions  
Palmetto State Champions  
USA Swimming Top – 16  
6-LSC Regional Coach of year  
4 State Championship H.S.  
6 Athlete of the year awards  
LEVEL 2 USA Swimming  
Recognition Program

