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# BIO - *Stephan Widmer OAM*

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Stephan WIDMER was born in Switzerland and swam internationally for Switzerland for ten years.



He completed a Masters of Science in Zürich, Switzerland with the intention of becoming a high performance swimming coach.

In 2001 Stephan was appointed as a Coach at the Queensland Academy of Sport in Brisbane, Australia. Since then his swimmers have achieved 20 World Records, 3 Olympic Gold Medals and 16 World Championships Gold Medals.

His coaching concept is based on a process driven and race pace specific training model, employing people management skills, exploring human behavior and a complex understanding of swimming techniques.

Stephan understands the complexity of human limitations, both physically and mentally: what it takes to lead athletes to their true potential, how to find the key for their ability to break World Records, to win World Championships or reach the pinnacle of sport, an Olympic Gold medal.

In 2010 he was awarded the Order of the Australian Medal by Queen Elizabeth II for his outstanding contribution to Swimming in Australia.

## **His personal coaching Achievement:**

- Medal of the Order of Australia: For Service to Swimming as a Coach
- 2004, 2008 and 2012 Australian Olympic Team Coach
- 4 times Swimming Australia Coach of the Year
- 5 times Australian World Championships Team Coach
- 3 times Australian World Short Course Championships Team Coach

## **Stephan has coached in person the following Australian representatives to individual Olympic or World Championships medals:**

- **Libby Trickett (nee Lenton):** Olympic Champion & World Champion, World Record Holder
- **Leisel Jones:** World Champion, World Record Holder
- **Jessicah Schipper:** World Champion, World Record Holder
- **Kylie Palmer:** Silver medal at World Championships
- **Christian Sprenger:** Bronze at World Championships, World Record Holder
- **Jade Edmestone:** Silver at World SC Championships