

Eric Palmer, full-time Head Coach of the Barracuda Swim Team, is a third generation swimmer and coach, who comes to the Bangor Y with 16 years of competitive swimming experience and a personal history with the Bangor Y as a former member of the Barracuda Swim Team. He envisions a smooth transition into the 2007-2008 winter season and is ready to pick up where his predecessor left off to lead the team to many future successful seasons. Coming to the Barracudas with stellar recommendations from the Maine YMCA Swim League and the Brewer Parks and Recreation Department, where he spent the past five summers as Municipal Pool Director making a valuable impact by restructuring their summer swim lesson program, Eric plans to steer Barracuda swimmers in the positive direction necessary to achieve their personal and team goals. By cultivating a fun, upbeat environment for the children, sharing his swimming experience through his enthusiastic personality, concentrating on stroke technique and training, and teaching skills swimmers can apply both in and out of the pool throughout their lifetime, he hopes to see the excitement of being part of the Barracuda Swim Team continue to grow.

With a competitive swimming career that began at the Bangor Y, as a YMCA swimmer, Eric accumulated many team records, Top 16 National Times for his age group, numerous individual state and individual New England titles, national meet qualifications in several events, USA Swimming Zone team qualifications, and team captain status for three years. He was voted Swimmer of the Year in 2003 at the Maine YMCA state meet. In addition to swimming for the YMCA he competed for Bangor High School and was both a four-time Maine State High School All Star Team member and a four-time PVC All Star Team member. In 2003 he was voted Class A Swimmer of the Meet at High School States as well as sharing the title of PVC Swimmer of the Year. Continuing his swimming career at the college level, Eric competed at Dalhousie University in Halifax, Nova Scotia. While at DAL, he was an Atlantic University Sport (AUS) Conference finalist in multiple events as well as the conference champion in the 200 meter Breaststroke and narrowly missed qualifications for the Canadian Interuniversity Sport (CIS) national championship meet his freshman year. During his second year, he was again an AUS finalist in multiple events and qualified for the CIS national meet, taking 11th place in the 200 meter breaststroke while competing against the best colligate and Olympic swimmers of Canada. In 2005 Eric transferred to the University of Maine where he was a finalist in all of his events at the American East Conference Championships and was voted Senior Team Captain his second year on the team.

Eric knows first hand that swimming can last a lifetime and hopes to share his love of swimming by motivating young Barracudas to follow the same lifelong path. He is looking forward to being able to give back what the sport of swimming and all of his coaches have given him. With five personal records still standing on the Barracuda record board, Eric anticipates the day that he sees them replaced with the names of swimmers he has coached here at the Bangor Y.