

2025 YMCA Swimming Coach of the Year: Coach Tammie Filiault

In Mooresville, North Carolina, when you say "swimming," everyone instantly thinks "Coach Tammie" Filiault is a dedicated and passionate pillar of the community with an excellent legacy in the sport. As the head coach of the Lowe's YMCA Lightning Swim Team, she has shaped not only strong swimmers but also strong individuals, instilling values that extend far beyond the pool.



Tammie pours her heart and soul into the Lightning Swim Team, ensuring every moment is meaningful and every achievement is celebrated. To her, the team is more than just a group of swimmers—it is a family. She fosters a culture rooted in the YMCA's four core values: Honesty, Caring, Respect, and Responsibility. Her leadership inspires athletes to set ambitious goals, work hard, and exceed their potential.

One of Tammie's greatest strengths is her commitment to tradition and community impact. She understands that success is not just about who swims the fastest. She models the value of giving back for her swimmers.

Tammie's journey as a coach began in 2011 when she responded to community needs and founded the first and only competitive year-round swim team in Mooresville. What started as a vision in a small, four-lane pool has grown into a nationally recognized program, winning North Carolina's Small Team of the Year multiple times and sending swimmers on to collegiate competition. But beyond accolades, her greatest joy remains teaching children of all skill levels the lifelong skill of swimming.

Her impact is profound and lasting. Tammie leads with passion, care, and integrity, touching the lives of her swimmers and their families. She challenges them not just to succeed in the pool but to become their best selves. One parent summed up her influence best: "My kids not only knew they were supported in the pool, but they were truly loved. This will last far beyond their swim team days."

As she reminds her swimmers before every meet, it's all about "making your mark." Coach Tammie Filiault has certainly made hers—not just in the water, but in the hearts of an entire community.