



## **Marcos Lopez-Miro**

**Hometown:** Barcelona, Spain.

Marcos is a Peak Performance Coach & Consultant focused on providing knowledge and tools to maximize physical and mental capacity to reach peak performance. Marcos has prior extensive experience working with organizations and individuals in the US and internationally to support them to reach new levels of performance. Marcos is bilingual, Spanish and English.

Marcos has an extended amount of experienced in the swimming world. His development as a swimmer started in Spain becoming a top national swimmer and representing his country with the national team. Later on Marcos went onto college swimming division I with the Owls at Florida Atlantic University in Boca Raton, FL. During his stay at FAU he held school top times and became a captain of the team.

As a swimmer Marcos has had the privilege of briefly being coached by renowned coaches like “Doc” Counsilman and Joseph Nagy and train along some world class swimmers. These experiences have had a great influence on his coaching philosophy that focuses not just on the technical part of the sport but also in the mental part of it.

As a coach Marcos became a graduate assistant at FAU in one of the best years in the swimming history of the school with the first and only NCAA division I champion ever and with some of the records still standing. During his stay in college he coached the summer league team Barracudas at Boca Raton during two years were both years became champions.

At this moment Marcos is the Director of the Peak Performance Program at Planet Swim, helping athletes and teams to reach their maximum potential.