

Alana Michels, MS, CPT

Alana grew up swimming and from a very early age, fell in love with the sport. Because of her love of swimming and sports, she went to college to earn her bachelor's degree in Exercise and Sport Science, Fitness Professional, with a minor in nutrition from Point Loma Nazarene University. She went on to earn her master's in Kinesiology, Sport Performance, also at PLNU. Her experience includes working with athletes and clients in a variety of professional settings. She has coached master's swimmers as well as having previous experience coaching with a USA Swimming Club team. Alana is passionate in her work with swimmers and desires to maximize their performance and minimize risk of injury through coaching and training. Her skills include stroke and biomechanical analysis; she strives to help every child and adult learn to not only swim better, but also love swimming. She combines her passions of biomechanical analysis, performance coaching, personal training and nutrition into a well-rounded approach to inspire her clients to achieve and maintain their best performance level.

In her personal life, Alana enjoys spending time outdoors and loves running, hiking, cycling, swimming, and snowboarding.

Alana Michels, MS | Barracudas Head Coach | Lifeguard Instructor | alanam@lfjcc.org