



## **Lara Moseley**

**Assistant Coach - Yellow and Blue Hats (Holland Park), Blue and Black Hats (Victoria),  
Junior Development**

Originally from Florida, Lara was a competitive swimmer for 14 years training under Olympic coaches Jay Fitzgerald and Michael Lohberg. Lara received her USA National cut in the 100m freestyle and the sport of swimming allowed her to travel internationally.

In 2009, Lara received a swimming scholarship to attend Fordham University in New York, where she competed as part of the 2010 Women's Swimming Atlantic 10 Championship Team. Lara reignited her love for the sport during her training for the 2017 Breca Buttermere Sprint SwimRun. She attained her Level 1 & 2 ASA swim qualifications in hopes of encouraging long term participation in the sport of swimming.