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El Camino College Swim Coach and Instructor Sets Two New National Swim Records

El Camino College instructor and swim coach Traci Granger was recently named the nation's fastest masters swimmer in her division, setting two national records in the 50-54 age group while competing in the United States Masters Swimming (USMS) Short Course Yard Championships. Granger set records in the 50 yard butterfly (27.19) and 50 yard freestyle (24.92). She also won the 100 and 200 yard butterfly and the 100 yard individual medley.

These achievements follow an outstanding swim performance last year, when Granger also won two national swimming titles and set new records in her 45 to 50-year-old age division. Her time would have also won the three women's age divisions younger than hers.

"I didn't have any specific goals, I just wanted to swim well and smart," said Granger, who is a lifelong competitive swimmer and now trains year-round, three to five mornings a week at the Torrance Plunge with a motivated group of swimmers from all over the South Bay.

"I think swimming is great exercise for all people. It works the whole body, and it is great cardiovascular exercise."

Granger has been an assistant coach at El Camino College since 1992. Before coming to El Camino College, Traci was the head swim coach at California Polytechnic University at San Luis Obispo. At Cal Poly SLO, Traci developed several All-American and national qualifying athletes. As an athlete, Traci was an All-American sprinter and an NCAA Division II Championship finalist.

When not coaching, she enjoys being in the water – especially her workouts at the Plunge – swimming alongside friends, some who swim competitively, others who don't.

"I like the camaraderie of the people I swim with," she said. "It's a great workout and a good time."

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