

## The Ohio Squirrels Water Polo Club High School Coaches & Officials

### Rachel Rust - Sycamore High School Water Polo - Girls – Head Coach

#### 1. Experience in water polo

This will be my 10th year being involved with water polo.

#### 2. High School and Colleges attended and played for.

I started playing water polo my Freshman year at Princeton High School. I then went on to play D2 at Notre Dame College and after 2 years there, I transferred to Lindenwood University, playing for 2 more years while finishing my undergrad.

#### 3. Teams you coach currently - high school and club

I am currently coaching my second season as head coach for the Sycamore High School girls' team.



#### 4. Why you enjoy coaching

I enjoy coaching, because this sport has been such a big part of my life I want to share it with others. I want my girls to love water polo as much as I do and I want to make sure the sport stays alive.

#### 5. Hobbies outside of coaching

Outside of coaching I play for the Squirrels (obviously, well maybe not so much since I've been slacking on practice) and love taking my 2 dogs for walks. On the weekends, during the summer, I am a Volunteer Educator for the Cincinnati Zoo.

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### Charlie Wood – St. Xavier High School – Assistant Coach

#### 1. Experience in water polo

27 years of water polo experience (to make the article timeless, I have been playing continuously since the summer of 1992)

#### 2. High School and Colleges attended and played for.

Loyola High School (Los Angeles), NCAA D1 Princeton University, CWPA Club University of Texas at Austin

#### 3. Teams you coach currently - high school and club

Assistant Coach @ St. Xavier High School (2019 Season)

#### 4. Why you enjoy coaching

Coaching to give back to the water polo community by helping grow the sport in region with a limited pool of people with water polo experience and to contribute to the development of Jesuit educated Men for Others



### 5. Hobbies outside of coaching

Outside of coaching my main hobby is playing water polo with the Squirrels and spending time with my family... If you care about work, I am the CFO of 80 Acres Farms ([www.80acresfarms.com](http://www.80acresfarms.com)) which grows a variety of nutritious, flavorful, pesticide free produce in an indoor controlled environment

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## Jenn Schell – Princeton High School Water Polo – Girls – Assistant Coach

### 1. Experience in water polo

2 years of high school, 1 semester coed college club, coaching

### 2. High School and Colleges attended and played for.

Princeton High School and The University of Toledo

### 3. Teams you coach currently - high school and club

Princeton High School

### 4. Why you enjoy coaching

It constantly challenges me to stay engaged in the sport and try to learn more. I enjoy working with youth, and hope that I can be a leader and role model for them. I hope to make a difference and share the love of sports with students.



### 5. Hobbies outside of coaching

Playing sports: Ultimate Frisbee, soccer, water polo, running, triathlons, etc. and working in my yard in the summer.

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## Jeff Reese – OWPRA Official

### 1. Experience in water polo

Experience in water polo - played since 1992.

### 2. High School and Colleges attended and played for.

Sycamore and Miami (UC did not have a team back then so I transferred to play)

### 3. Teams you coach currently - high school and club

Coached Mason last year, currently officiating

### 4. Why you enjoy officiating

Enjoy the sport overall and want to stay active within the community. In addition, help the sport grow.

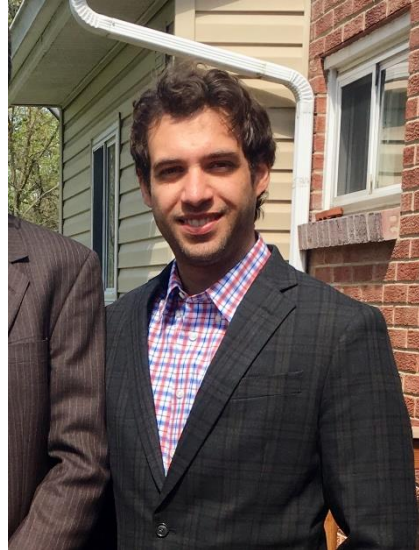
### 5. Hobbies outside of coaching

I have triplets that keep me busy all the time.



## **Ben Carnahan – Princeton High School – Girls – Head Coach**

My name is Ben Carnahan, and I've been with the Ohio Squirrels since 2017. I am an alumni of Princeton High School here in Cincinnati, where I presently coach the girls Varsity and JV Water Polo teams, along with Coach Jen Schell, who was one of my coaches on the swim team when I was a student at Princeton. After high school, I attended Saint Xavier University in Chicago, where I lived for a number of years before moving to Minneapolis, MN. I moved back home to Cincinnati in 2017, when I joined the Ohio Squirrels and went to work for Hamilton County Educational Services Center. As a coach, I have eight years of experience serving as the Head Coach of the Springdale Sailfish, and as an Assistant Coach for the Sharonville Sharks swim teams, and work under Coach Gary Tameris at the Spring Water Polo Club held annually at Princeton High School. I enjoy coaching mostly because it offers me the opportunity to share an experience that was very important to me during my time in high school with new generations of student-athletes in the Cincinnati area. Outside of coaching, I enjoy history and literature, traveling, and serving as keyboardist for a number of local musical acts here in the Cincinnati area.



## **Nick Hellwig – Sycamore High School – Boys – Head Coach**

### **1. Experience in water polo**

I played high school water polo for St. Louis University High School as well as club for Daisy and Jungle Cat. I then played for the University of Dayton and was a freshman when we went the Collegiate Club Nationals. I continue to play for the Master's Program Ohio Squirrels.

Coaching Wise- I have been the head coach of the Sycamore Boys program for 12 years and was the head coach for the girls program for multiple years as well, helping both programs ear multiple trips to the state finals. I also helped coach a season with the Midwest ODP program. I started the club program Moose Water Polo and currently am the head of the Marlins Water Polo program. I also run a youth camp in the winter called Wingman Water Polo Camp. I am in charge of two major camps in Ohio, the Genai Kerr Nike 5 Meter Camp and The Cage Cap Goalie Camp. I a major summer tournament with the Marlins program called the Jose Cerda Memorial Tournament which sees teams from Ohio, Illinois, Missouri, Michigan, Tennessee, Georgia and North Carolina compete.



I am also the secretary for the Ohio Water Polo Association in charge of the States standings and master schedule.

**2. High School and Colleges attended and played for:**

St. Louis University High School as well as club for Daisy and Jungle Cat. I then played for the University of Dayton

**3. Teams you coach currently - high school and club**

Sycamore High School  
Cincinnati Marlins

**4. Why you enjoy coaching**

I love the sport. It is a way to continue to be a part of the action all year long. By coaching, I get to help younger generations develop that same type of passion for the game.

**5. Hobbies outside of coaching**

There are things outside of coaching? I help coach my daughter's soccer team in the Spring, I am a part of multiple development groups at Sycamore High School such as STEM Council and Literacy Counsel. Soon, I will also be getting to help with my son's cub scouts.

**Dave Matulis – Walnut Hills High School – Head Coach**

**1. Experience in water polo**

**Playing:** 12 years of water polo experience between club, High School, College, and Masters

**Coaching:** This is my 7th year of coaching. I coached with Nick Hellwig for 4 summers during college with Moose Water Polo, then went to be an assistant coach at a NCAA D3 program, Penn State Behrend. I then came back to the Cincinnati area and have been coaching with Nick again for the past 2 years with Marlins Water Polo and helped start a water polo program this year at Walnut Hills High School.

**2. High School and Colleges attended and played for:**

Milford High School then went on to play all 4 years NCAA D2 Mercyhurst University where I was named a D2 first team All-American twice.

**3. Teams you coach currently – high school and club**

Marlins Water Polo

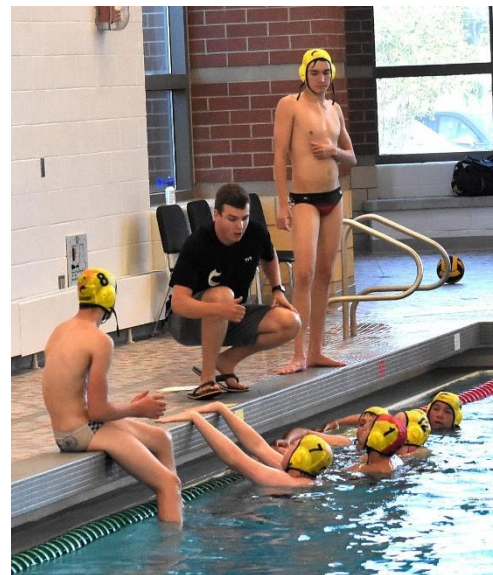
Walnut Hills High School

**4. Why you enjoy coaching**

I love the sport. Water polo has given a lot to me and coaching is a great way to give back to the sport that has given me so much. I want to help grow the sport in the area that I grew up in.

**5. Hobbies outside of coaching**

Outside of coaching, I play water polo with the Squirrels and do a lot of cycling.



## **Brycen Gwyn – Sycamore High School – Girls Assistant Coach**

### **1. Experience in water polo**

This will be my 6th year being involved and playing the sport, but my first-year coaching.

### **2. High School and Colleges attended and played for.**

I played 4 years of water polo at Sycamore under Nick Hellwig, I played 3 years for Moose in between the school seasons, and I am entering my 2nd year of playing for Xavier's club team. This is my first season playing with the Ohio Squirrels.

### **3. Teams you coach currently - high school and club**

I am the Assistant Coach for Sycamore High School Varsity and JV Girl's water polo team, under Head Coach Rachel Rust. I am also Vice President of the Water Polo Club at Xavier for the Club Team.

### **4. Why you enjoy coaching**

I enjoy seeing people take interest in something that I love so much. I like passing on my knowledge and teaching those about the sport. I enjoy the wins and losses that come with sport. Like the joy I get when the team wins their game, that energizes me....or walking away proud of a loss knowing we gave it our all, but giving us a new goal to achieve.

### **5. Hobbies outside of coaching**

When I am not coaching or playing water polo, I am usually hanging out with my friends. I like to attend concerts, and occasionally hammock around the parks. I also play cricket from time to time.

