

Karoly von Törös

SA National Coach & Olympic Coach

Career History

Born in Hungary 1942, Karoly was a swimmer and water-polo player from the age of eight and became one of Hungary finest sportsman and Champion

He was a student of literature, history and history of art at the University of Szeged

1965 due to political upheavals/father jailed/ he decided to leave behind the Hungarian National swimming Team and defect from Hungary to Belgium, where he became a professional water-polo layer and Champion.

Studying Sport at the University Catholica Leuven by professor and friend Ulrich Persyn, coaching several national Champions such as Rudy Vingerhoets, Hugo Helsen and Sidney Appelboom.

1979 Karoly was invited to coach waterpolo at Yale University and assisting the all American and Olympic swimming head coach Frank Keefe

1984 He settled in South Africa as a swimming and water polo coach and aerobic & stretching instructor, started as head coach Vineyard swimming Club, coached Seddon Keyter the South African Champion and record men who participated 1992 Olympics

Karoly was the first coach to bring South Africa back to international competition after the sanctions and has been the South African National coach for swimming and water polo several occasions

Karoly's swimmer Sarah Poewe is the first South African world champion 50 & 100 Breast in Athenes. Sidney Olympics Sarah is 4-5-6 places and Karoly is Olympic coach. Raazik Nordien is the first non white SA Champion 200 Fly

2001 Coaching world All Stars at Goodwill Games Brisbane.

2002 Natalie du Toit /also Karoly's swimmer/ after her terrible accident making world headlines at Manchester Commonwealth Games finalist 800 Free

2004 Athenes Karl Thaning is the reserve the Olympic gold medalist relay and Natalie has 5 Paralympian gold

2008 Natalie is 4th World Championships and qualified Beijing Olympics. Wendy Trott and Sebastian Rousseau the other Olympians, Karoly is Olympic Coach

2009 Wendy Trott and Sebastian Rousseau are World Championships finalist, Chanelle van Wyk winning several SA titels. Karoly signs to Algeria as Head Coach swimming and Waterpolo

2012 Back in South Africa, coaching director of UWC swimming. Jessica Ashley-Cooper is SA Champion. Top age group swimmers Savanna Best, Thys Basson

Many times the Coach of the Year in South Africa

Several occasion guest teacher for stretching and swimming at the International Teachers Course in Budapest Semmelweis University of Physical Education

