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USA Olympian
1992, 1996, 2000

To Whom it May Concern:

The foundation concept is creative brilliance! What an awesome idea to develop female athletes and ready them for consistent medal performance in world class athletic competitions. Dick Brown is the ideal coach to head such a program.

A coach, especially of young athletes, must possess exceptional qualities. Young athletes are impressionable and often the training and life philosophies of a coach make all the difference in the world, when it comes to them successfully dealing with life on and off the track. Coach Brown's personality is calm and supportive. He is trustworthy and delivers endless optimism, which develops strong confidence and self-esteem. This, along with his sincere interest in the athlete as a total person, translates to outstanding performances.

Dick Brown empowers each athlete with knowledge of physiology and weight training, so the athlete understands the program. He encourages mental rehearsal and explains the power of recovery methods essential for elite level preparation. He works with a plan designed around goals and he knows the secrets of mastering the pressure of big competitions. Most importantly, he is sensitive to the special needs of the female athlete, such as monitoring ferritin levels through blood work. He has phenomenal intuitiveness-- he can hear in your voice or see in your eyes the impact training is making on your attitude and energy. Only a well-rounded coach can develop well-rounded athletes.

This foundation program is a huge leap in positive development for female athletes. My first Olympic experience came at the age of 31, under the guidance of Coach Brown. There was no earlier option, as my event was introduced for the first time that year. I competed with ladies much younger. What a great opportunity to have a foundation willing to prepare ladies mentally and physically to medal in the Olympics, World Championships and Pan American Games. It is a necessity to start our USA female middle distance and endurance athletes at a young age.

A coach of champions can only create more champions. These athletes will soar under the inspiration of Coach Dick Brown. I support this exciting and much needed project for female athletes and welcome further questions, anytime.

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