

5224 Harvest Loop
Eugene, Oregon 97402
Feb. 26, 2002

To Whom It May Concern:

It has been my privilege of knowing Dick Brown for the past fourteen years and for having him as my personal coach in preparing me for my competitions as a member of the U.S. Paralympic Swim Team. It is a proven fact that an athlete who becomes a world class competitor, is going to reflect the coaching techniques and theories of the coach that stands behind him or her. My training and the competitions that I have participated in have definitely been reflective of the excellent coaching and training that I was exposed to by Dick.

Dick approaches each athlete on a personal, individual basis according to their sport, their training needs, and certainly to their aspirations and goals that have been established. I feel that Dick would truly be the person and the incentive for establishing this program with the athlete in mind in their quest for medaling.

In working with me, as a physically challenged athlete, Dick quickly grasped my individual needs and goals in my quest as a three-time silver medalist in the Seoul Paralympics; in Barcelona; a gold medalist in the World Championships; and gold/silver medalist in the PanAm Games. He has also coached me through many local and Master's level competitions.

Dick is very knowledgeable in monitoring the daily health conditions of his athletes in order to gain the maximum output of their energies in their designated work-outs, daily nutritional needs, and certainly their focusing and mental preparation.

I highly recommend Dick as the coach to develop this program with the goals of developing the world-class, medal winning, athlete.

*I would be available for any additional information that you might need, please feel free to contact me at:
(541) 688-4013.*

Sincerely,


(Ms.) Arden Adams
USA Paralympic Swimmer