



Assistant Coaches



Dee Duenas

with my Border Collie

What is your favorite event in swimming?

To watch: men's 50 free and 50 fly; backstroke

Did you compete? If so, where?

Yes. High School- Detroit Country Day School

What was the best advice you received from your coach?

Set a goal and work hard to achieve that goal.

How long have you been coaching or teaching swimming?

Been coaching since 1996; been swimming since 1970

What do you like most about coaching?

Watching the swimming improve their strokes

What do you like to do in your spare time when you aren't coaching?

Teaching 6th grade, swimming laps, sleeping, playing

What is your favorite sport to watch besides swimming?

Football, track and field, hockey

What is your favorite candy or junk food?

Bagels, mochas, M and M's, Almond Joy, Reese's

What is your favorite animal?

Cats, dogs, dolphins

What is your favorite song or artist?

Too many to list!

What is your favorite TV show or movie?

Too many to list! But, mostly comedies to police dramas

What is the most random word you can think of...right now?

Random! LOL

What is your favorite quote?

"You must be the change you wish to see in the world." — Gandhi

"Do what is right because it is right."- Chiune Sugihara

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."- Dr. Martin Luther King, Jr.

"Knowing is not enough, we must apply. Willing is not enough, we must do." - Johann von Goethe

"Love is the only force capable of transforming an enemy into friend." - Dr. Martin Luther King