



2010 Head Coaches



Dee Duenas

**How many years have you been swimming?
And Where?**

I have been swimming for a very long time, since I was 7. I swam in Detroit and was on the swim teams for YMCA, my high school: Detroit Country Day School, in junior college: Schoolcraft College, and for the Masters team at Laguna Creek Racquet Club. Now I just swim with the kids for help and practice at Wackford and on my own at Cal Fit.

How many years did you compete? Do you still compete?

I swam competitively for the YMCA, high school, and Masters.

What were your favorite events?

My favorite events growing up were the butterfly, 500 free. Now I enjoy the backstroke and butterfly.

How many years have you been coaching and/or teaching swimming?

I have been coaching swimming since 1996. I have been teaching swimming since 1982.

What is your favorite quote?

- It is not our abilities that show what we truly are, it is our choices. -Dumbledore
- "Do what is right because it is right." -Chiune Sugihara

What is your favorite activity outside of swimming?

Playing with my dog, a Border Collie: Besso; and relaxing.

Do you have another job? Family?

I teach 6th grade at Foulks Ranch Elementary School. I also coach high school swimming at Franklin High School. I have a husband, Oscar; a dog, Besso; and a cat, Mee-Ha.

What is your favorite food, music, color?

I enjoy all kinds of food, especially sushi and Mexican. I enjoy all kinds of music. My favorite color is pink.

What is your favorite swim memory?

Placing in the Top 10 in the Masters' Championships for Northern California in the 200 backstroke.

What was the best advice a swim coach ever gave you?

You are ready for the race if you have been training to your best ability.

Tell us something we might not know about you?

I have been married and been teaching for 23 years.