

To Whom it May Concern:

This is a letter of recommendation for applicant Sean L. Perez. He is one of my swimmers on the HOX recreational swim team, a highly competitive community recreation swim team based in Danville, CA comprised of swimmers between the ages of 6 to 18 that compete locally. Sean has been with the team for the past 6 years, attending practice and competing in weekly swim meets. As his swim coach, I can attest that Sean possesses the character you seek in your applicants: he has shown up for practice consistently over the years; showed great leadership in motivating his teammates during swim meets, showed dedication to his sport by taking one-on-one swim instruction from me and the other coaches to improve his swim technique, and finally, did very well for himself and the team by placing first or second in many events over the years. Sean specializes in sprint events, so he has been a key member of our freestyle and medley relay teams.

The swim practices I run are not easy. Swimmers are typically required to swim in excess of 1,000 yards each practice, combining distance and sprint drills. Sean always gives his best, pushing himself to his limits, and his efforts paid off. When he joined his high school team, his training regimen increased and he now swims Summer HOX meets when he can. Sean recently got accepted into Stevens Institute of Technology in New Jersey, where he will join the Men's swim team and continue his pursuit of excellence in his sport. I am very proud to have coached him over the years, and sincerely hope you consider him for this scholarship, as Sean exemplifies the leadership and personal character traits you are looking for in your candidates.

If you wish to reach me to confirm this letter of recommendation, my contact info is below.

Sincerely,

Sean Quackenbush

Sean Quackenbush

Aquatics Director,
BlackhawkCC

Ph: 925.736.6500

E: seanq@blackhawkcc.org