



Senior Coach Dee Duenas

PROFESSIONAL BACKGROUND

- Coaching since 1996 (Elk Grove Piranhas, Franklin High School, Laguna Creek Gators)
- Assistant Coach at Elk Grove Piranhas
- Assistant Coach at Franklin High School
- Assistant Coach Laguna Creek Gators
- Teacher Elk Grove Unified School District:
 - Math Teacher since 2016 Harriet Eddy Middle School
 - 6th grade teacher 2004-2016 Foulks Ranch Elementary School
- Teacher Robla School District- Taylor Street School
 - 6th grade teacher 2000-2004
 - Special Education teacher- Special Day Class- Grades 3-6 2-1989-2000
- Teacher Greenfield School District, Bakersfield
 - 1st grade teacher 1986-1988

SWIMMING BACKGROUND

- Masters Swim 1996-2006
 - Placed top 10 2004 Nationals in backstroke
- High School Swim team- swam all strokes- especially loved the butterfly and 500 yard freestyle
 - Captain 1978-1980
- Swim Team competitions since 1970
- Swimming since 1967

GOALS FOR MY COACHING CAREER

- To have all swimmers enjoy swimming to want to stay in this sport until their old age
- To have all swimmers swim with excellent form and technique
- To be respectful to all
- To set goals

COACHING PHILOSOPHY

- Good technique in your swimming, to have fun, to enjoy life

FUN FACTS

- Holds a Master's degree in Special Education
- Has a cat name Mee-Ha and two dogs named Besso and Dixie
- Married and teaching for over 30 years
- Originally from Detroit, Michigan