



## **A Welcome statement for the Brian Howard Memorial Invite**

Welcome to All,

Brian Howard's spirit embodies the depth of what The Kansas City Blazers swimming team stands for, an absolute - "Commitment to Excellence". His spirit lives on with all of those who were honored to share the space in the pool with him. With great inspiration, he was at every practice, leading the fastest lane and exceeding expectations with every skill. But it was not his speed or first place finishes that captured the meaning of the KCB program. It was not his precision of technique or natural physical capabilities that singled him out. It was his unrelenting positive attitude and drive for achieving his personal best in each moment.

There was a silent confidence that the team experienced when watching him practice both in the pool and during dry land training. He often led the team, not only by calling out the intervals for exercises, but also by example. He ran faster and farther than all of us. He always had remarks of encouragement for anyone who fell behind. He was a role model of consistent and persistent excellence.

In the pool, he did not always stand at the first-place position on the podium. However, he was always the first one walking into practice. He was always the first one diving into the pool and he was always the first one sharing words of encouragement with genuine smiles.

The "Brian Howard Invitational" gives great meaning, as well as understanding, to a challenging meet during this time of the year. It does not come with the limelight of the highest performance meet of the season. But what it does demonstrate, is the guts and the determination during the hardest time of the year in training. Amazing grace and expression of joy came with every race he swam. His encouragement had no end. His success was not only exemplified in his determination to his finish but his conviction with how to begin. To swim with Brian's spirit, is to swim with the excitement and perseverance of the most important race of your life- every time you dive into the pool.

Good Luck to all the athletes! Swim with encouragement and pride. Swim with relentless power and confidence and reap the benefits of a lifetime of lesson's you'll learn by exemplifying the spirit of Brian Howard.

With gratitude for the Kansas City Blazers program and Brian,

**Catherine Fox**

*Kansas City Blazer 1988 - 1996*

*USA Olympic Team 1996*