
SMOKY MOUNTAIN AQUATIC CLUB



August 5, 2019

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To Whom it may Concern,

I am writing this letter of recommendation for Jonah McCarthy, from Jacksonville, Florida. I am the head swim coach for Smoky Mountain Aquatic Club, from Waynesville, North Carolina. For one to two weeks each year, Jonah swims with our club while he visits his grandparents. He is the most unique, dedicated, and hard working swimmer I have met.

Jonah is unique because of how easily he enters a training session with a new club. I have been coaching swimming for 20 years, there is not a swimmer I have seen or worked with that when visiting another club automatically has the respect and leadership qualities Jonah possesses. He understands our workouts, leads our high performance lane, and helps our swimmers by the way he works through our most difficult workouts, effortlessly.

Jonah McCarthy is dedicated to the most demanding sport; by this I mean that during his training at SMAC, whether in the water, or during dry-land exercises Jonah brings his all. He grinds out sets and focuses intently on completing the workout, and enjoys the process.

Lastly, Jonah's work ethic can only be characterized as intense and deliberate; he does not shy away from the hardest sets I make, whether it be descending intervals, or an entire butterfly set, Jonah comes ready to work day-in-day-out. I would recommend Jonah on any University Program in the Country.

Sincerely

Coach Scott Simmons
