

To: Whom it May Concern

From: John Quattrocchi
Director of Athletics, Ret.
SUNY Adirondack CC
640 Bay Rd.
Queensbury, NY 12804

Date: April 7, 2018

Re: Richard Shaw recommendation

Dear Sir/Madam,

It is with great pleasure that I offer this letter of recommendation for Mr. Richard Shaw. I have been involved in college athletics as a coach and administrator for over 40 years, Without reservation I can state that Richard is one of the most competent, enthusiastic, thorough (and I could go on and on) coaches that I have ever known.

Richard was the SUNY Adirondack CC men's soccer coach from 2014-2017. He inherited a winless team and immediately led these young men to a NJCAA Region III post season tournament experience. He repeated this accomplishment in the second season as well. A remarkable achievement by a remarkable and gifted coach. Please allow me to address a few of Richard's coaching attributes that I believe make him an outstanding coach and educator.

First of all, Richard's enthusiasm, energy and positive attitude inspire and motivate young men. They rally around him, believe in him and give every ounce of effort to match his tireless effort and dynamic personality.

I was very impressed with the immediate discipline instilled in the group. Whether it be early morning practices or double sessions, players responded to Richard's "no nonsense" approach. Players quickly got in shape and even policed themselves imploring slackers to pick it up and match the effort that all were giving. Certainly, this was a teaching moment that did not go unnoticed. Players respected Richard and his approach.

Through a combination of fitness and nutrition the SUNY Adirondack soccer players, in my estimation surpassed a level of fitness achieved in many team sports. Whether it be pregame pasta or post game drinks, Richard had the knowledge and expertise to fuel his team to insure maximum effort and energy while hastening recovery and limiting injury. Clearly, he is an expert in this field as the results demonstrated.

As a coach in general, his knowledge, techniques, strategies and game plans were unsurpassed. As I have a background in men's basketball, we often discussed concepts regarding team offense and defense and how best to develop a team through the course of a season. His approach was solid, laden with fundamentals and very effective. On offense the team crisply advanced the ball creating scoring opportunities while on defense they rallied to support the ball and each other to make it very, very difficult for the opponent to generate offense. I witnessed this first hand when our Coach Richard Shaw led SUNY Adirondack men's soccer team defeated the number one team in the nation and undefeated Herkimer College, 3-2. An amazing and incredible win by an amazing and incredibly talented teacher and coach.

Richard not only builds successful soccer teams, he builds character. Excellence is demanded both on the field and in the classroom. Poor academic performance was not tolerated and was met with disdain resulting in reduced practice and playing time. He demands excellence in every aspect of his coaching.

In closing, Mr. Richard Shaw is a man with the skills, attitudes and talents enabling him to be an outstanding coach as well as a role model, an educator, and a person of honesty and sincerity. A person you want to be around. A person you want to work with. A positive person that you want your children to play for.

It is without reservation that I endorse Mr. Richard Shaw. Please don't hesitate to contact me if you would like personally discuss Richard. I would welcome the opportunity.

Sincerely,

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