To whom it may concern,

I am writing this letter on behalf of Sarah Bartlett recommending her for a Flyin' Ryan Scholarship. I had the pleasure of coaching her this past year during basketball season.

One thing about Sarah that jumped out immediately was her willingness to learn. Everyday Sarah came to practice ready to learn whatever I was trying to teach. Many of the concepts and techniques that I was teaching, were ones that she had not had a lot of exposure, however she was able to understand them and perform them correctly as quickly as anyone on the team through her hard work and determination.

Another strength of Sarah's is her flexibility. As you may know, throughout the course of a sports season, players roles and responsibilities may change on a moments notice. Sarah was able and willing to do whatever the team needed at any given time. What particularly surprised me, was her willingness to step outside of her comfort zone and do something she wasn't accustomed to, if it was for the benefit of the team.

Lastly, Sarah's greatest strength is her positive attitude. Her impact on the team was just as big, if not bigger off the court than it was on the court. Her infectious smile and laughter reverberated through the team contributed to an extremely positive and team first chemistry. Sarah connected with each of her teammates through her humor and positivity. Throughout a difficult season record wise, she helped keep the team upbeat, smiling and laughing.

In closing, Sarah provided intangible things to our basketball team and she would undoubtedly offer those same things to whichever group she belongs to. She naturally helps bring people together and as a teacher, is the exact type of student and person I would recommend for a scholarship of such stature and prestige. If you would like to speak further about my recommendation for Sarah, please feel free to contact me at 802-363-0658.

Sincerely,

Paul La Jointe

Paul LaFountain South Burlington High School Junior Varsity Girls Coach

## **Frances Strayer, LICSW**

154 School House Rd. Sandwich, NH 03227 603-986-6914 fdstrayer@gmail.com

April 2, 2019

To Whom It May Concern:,

I am writing to recommend Sarah Bartlett for an Adventure Scholarship through the Flyin Ryan Hawks Foundation. Sarah exemplifies the Core Values and is an excellent candidate.

I have known Sarah since she was born and have loved watching her grow and mature. She is kind and thoughtful about those around her: family, friends and those she might not even know. She is willing to work hard to get a job done or to reach a goal but she is also able to play and enjoy the community and environment that she is in. She has many interests and is involved in a variety of activities.

I am a hiker and was delighted two years ago when I got Sarah to start hiking the NH 48 peeks over 4000 feet with me. I hike with a small group of people who are mostly over 60 and I was concerned we might be too dull or the hike is too difficult for Sarah without a group of peers for company. I was wrong. Sarah scampered up that mountain, and others to follow, with energy and a sense of adventure that was admirable. I am looking forward to many more hikes with her in the future and hope she does bring some of her friends along too!

I was pleased to learn that Sarah is hoping to travel across the country to attend a marine science camp. This is an exciting step for any high school student and I am impressed but not surprised that Sarah is willing to take a risk for such an adventure. I recommend her for this scholarship that will make this possible for her.

Please let me know if I can provide any more information.

Sincerely, Frances Strayer