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### **"Letter of Recommendation for Savannah Shiaelis"**

To Whom It May Concern,

It is with great pride and enthusiasm that I write this letter of recommendation for Savannah Shiaelis, an extraordinary young athlete and volleyball player with whom I have had the pleasure of working as her mental coach. Savannah is not only an exceptionally talented player but also a remarkable individual whose strong character, work ethic, and determination to succeed set her apart both on and off the court.

Savannah's mental strength and resilience are unparalleled. From our very first session, it was clear to me that she possesses a natural drive to continuously improve and challenge herself. She approaches every obstacle with an unwavering belief in her ability to overcome it and emerges stronger from each experience. Her commitment to growth, coupled with her ability to remain composed under pressure, is a testament to her maturity and exceptional mindset.

In addition to her personal determination, Savannah's leadership and teamwork skills are exceptional. She consistently encourages her teammates, fosters a positive atmosphere, and leads by example with her discipline and work ethic. Whether during intense training sessions or critical matches, Savannah demonstrates an unshakable focus and inspires those around her to perform at their best.

As a volleyball player, Savannah's discipline and dedication to her craft are unmatched. She is highly coachable, receptive to feedback, and willing to put in the necessary effort to refine her skills. Her commitment to excellence, combined with her ability to balance her athletic and academic responsibilities, makes her a well-rounded and reliable individual.

I am confident that Savannah will bring the same level of determination, resilience, and enthusiasm to her studies and athletic career at your university. She is a student-athlete who thrives under pressure, values the importance of teamwork, and consistently strives for excellence in every endeavour. Savannah will undoubtedly make a positive impact both in the classroom and on the volleyball court.

It has been a privilege to witness Savannah's growth and dedication over the years. I wholeheartedly recommend her for admission to your esteemed institution and am confident she will excel as a student-athlete. Please do not hesitate to contact me at the email stated above should you require further information or insights into Savannah's character and capabilities.

Sincerely,

Elena Avraam

**BASES Accredited - Sport Psychology**

Chartered Scientist (The Science Council)

