

LETTER OF RECOMMENDATION

Riley Trowbridge

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To whom it may concern,

My name is Riley Trowbridge and I am the Head Strength and Conditioning Coach at Gardner Edgerton High School. I am writing on behalf of Kaden Medina. I have had the pleasure of coaching Kaden for the last four years here at the High School. Kaden has always demonstrated high character as well as being extremely punctual. I know I can count on Kaden to always be on time and overcome any challenge that is set for the day.

In the four years I have had Kaden in our program he has always been extremely coachable in the important details of what it takes to accomplish his goals. I can give Kaden detailed coaching cues when it applies to his lifts/exercises and he will execute those cues to advance his athletic performance. Kadens first love is baseball, but he is never afraid to accept new challenges and get outside of his comfort zone by dedicating himself to new endeavors. Kaden joined the football program going into his junior year and was the ultimate teammate by playing multiple positions to help his team be successful.

As stated above, Kadens first love is baseball and works on his craft year round to advance himself as an athlete in the sport. His work ethic and commitment is undeniable when it comes to the sport of baseball. I have witnessed Kaden commit himself to our strength and conditioning program, club baseball, high school baseball, as well as private coaching outside of his devoted programs to further advance himself to be a complete baseball player. The question has always been asked when a young athlete wants to play at the next level “how much do you love the game?”, Kaden loves and wants to be the best in the sport of baseball.

I have no doubt that Kaden will continue to set high goals for himself and be motivated to take on any challenge that comes his way.

If you have any questions or comments please feel free to contact me at any time. I would be glad to further any conversation about Kaden Medina.

Sincerely,

Riley Trowbridge