



Matthew Prawicka, MSW
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To whom it may concern:

My name is Matthew Prawicka and I am a Social Worker who has been helping with the mental part of the game for the Sachem East Girls Basketball Team where Abby Morrongiello has been a starter since the 9th grade. When I first met Abby, I immediately saw that she was special and possessed that "it factor." What stood out from the very beginning besides her obvious talent on the court, was her awareness of her strengths and weaknesses at such a young age. Abby had a goal to turn her weaknesses into a strength and she did exactly that this year. She was able to let her confidence grow, manage her emotions and develop an ability to immediately bounce back after any rare mistake she made. Abby plays the game with a team first mentality and a natural understanding of how emotions impact the quality of play for herself and more importantly, her teammates. Her ability to raise the level of play by her teammates is something that can not be coached, she just has it naturally.

Abby is the most coachable student athlete that I have ever worked with. Not only did she absorb each lesson like a sponge, she also had the confidence and determination to make the rest of the team better. In her Junior year after the team had a very slow start to the season, Abby took it upon herself to address the team one game and implement what we were working on with the rest of the girls. That game was the turning point for the team as the girls followed her lead and they had one of the most amazing turnarounds I have ever seen and led the team to an improbable playoff berth. She is a natural born leader and continues to grow leaps and bounds with each game she plays.

Any program that is lucky enough to have her can look back to this letter I am writing and see that everything I said was spot on. Abby is an incredible young woman, an unbelievable basketball player and an even better person. Whatever Abby decides to do in the future, she will excel in and I would be lucky to have her come work with me one day after she earns her degree.

Sincerely,

Matty Prawicka

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