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#WeAreSachem

Sachem Central School District

Sachem High School East

Dear Sir/Madam,

I am writing to recommend Abby Morrongiello, a junior at Sachem East High School in Farmingville, New York. I have had the pleasure of knowing Abby for the past four years as both her coach and teacher. During this time, I have observed her grow into a remarkable individual who excels in both academics and athletics.

From my first day as Abby's coach, it was clear that she was a competent, enthusiastic, and respectful player. Her mature demeanor has allowed her to build strong relationships with both her teammates and coaches. Abby consistently conducts herself as a positive role model, leading the varsity girls' basketball team with integrity and dedication. Her leadership skills are further evidenced by her contributions to the women's flag football team and the Varsity Girls Cross Country Team.

Academically, Abby has demonstrated exceptional ability and commitment. She has consistently taken Advanced Placement (AP) and Honors classes, maintaining excellent grades throughout her high school years. Her academic achievements are highlighted by her induction into the National Honor Society. Abby's dedication extends beyond the classroom as she volunteers her time with three different organizations. She is involved with Donations, where she raises funds to prepare and donate healthy meals to families in need. At the Farmingville Historical Society, she supports various community events, including trail runs and holiday events. Additionally, at HeartBeet Farms, she contributes by planting, harvesting, and managing farm stands and a Community Supported Agriculture (CSA) program.

In my roles as both her teacher and coach, I have watched Abby hone her natural talents. She is a positive force on her teams, and her strong work ethic and positive attitude are evident in all situations. Abby is an outstanding young woman who possesses the qualities one looks for in a student and athlete. She is confident in her abilities while maintaining respect, concern, and a sense of responsibility for those around her.

Abby's bright future is a testament to her dedication and conscientiousness. She hopes to pursue studies in the health and/or social sciences in college, and I am confident that she will be an asset to any academic community.

In conclusion, Abby Morrongiello is an impressive young woman who will contribute greatly as a student. I am pleased to recommend her to you. If you have any further questions regarding my recommendation, please feel free to contact me by email at terb@sachem.edu.

Sincerely,

Thomas Erb

Physical Education Teacher

Varsity Girls Basketball Coach

Sachem East High School

www.sachem.edu