

To Whom It May Concern,

I am pleased to write this letter of recommendation for Cody Carmichael. I have had the pleasure of working with Cody in both a baseball and strength and conditioning capacity, and I can confidently attest to his exceptional resilience, unwavering work ethic, and remarkable commitment to continuous improvement.

Cody's resilience is one of his standout qualities. He approaches every challenge with a positive attitude and an unyielding determination to overcome obstacles. Whether facing a tough game or recovering from a setback, Cody remains focused and driven, demonstrating a level of perseverance that is truly commendable.

In the weight room, Cody's dedication is evident. His rigorous training regimen and relentless pursuit of personal bests speak volumes about his work ethic. He consistently puts in the extra effort, pushing himself beyond his limits to achieve his goals. This dedication not only enhances his physical strength but also serves as an inspiration to those around him.

On the baseball field, Cody's commitment to improvement is equally impressive. He approaches each practice and game with a growth mindset, always seeking ways to refine his skills and enhance his performance. His ability to take constructive feedback and apply it diligently reflects his dedication to becoming a better athlete every day.

In summary, Cody Carmichael is a highly motivated and resilient individual whose hard work in the weight room and on the baseball field is a testament to his character and commitment. I have no doubt that his exceptional qualities will contribute significantly to his future successes.

Sincerely,

Derek Underwood

A handwritten signature in blue ink, appearing to read 'Derek Underwood', written over a horizontal line.

Strength and Conditioning Coordinator
608-751-9196