



Pinkerton Academy

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February 4, 2016

Dear School District Administration,

I am writing this letter of reference on behalf of my former athlete and colleague Sarah Titus. I have had the sincere pleasure of working with Sarah for the last twelve years. As an athlete, she is without a doubt one of my absolute favorite runners to go through my program due to her dedication and leadership. As a staff member of the Greater Derry Running Camp, she has been invaluable. She always keeps the kids engaged, is extremely knowledgeable, responsible, and I can sincerely say I would have a hard time running the camp without her.

As a Physical Education teacher and coach, one would be hard pressed find a more knowledgeable, qualified individual. Sarah not only teaches Physical Education, she relays the importance of physical activity and how this activity affects the body. She is passionate about her craft. Her life serves as a model of healthy living, as she is an avid runner, biker, hiker, skier, and countless other outdoor activities. In a sedentary society full of obesity and disease, Sarah lives what she teaches. This is the most important message a physical education teacher can share with her students.

As an athlete on my team, Sarah was passionate and hard working. She never gave less than her best. She was a leader on her teams. I could count on her to be a role model and to lead her team of peers even in tough situations. In high school it can be hard to be in a leadership role with athletes your own age. Sarah filled this role naturally and was always mature beyond her years.

As a member of my Greater Derry Running Camp staff for the past ten years, Sarah has been vital to the success of the program. She has a way with the kids. She works with our youngest middle school runners and she gets them having fun, running, and playing for three straight hours. Sarah focuses on technique and form, yet keeps it fun and high energy each day. The athletes absolutely love her and in my mind there is no one that could do this job better.

In all my years knowing Sarah Titus, I can sincerely say she is an exceptional young lady that is dependable, knowledgeable, and passionate in her field. I would highly recommend her for a position in your school district. Any school would be lucky to have her on their staff.

Sincerely,

Amy Bernard
Chemistry Teacher and Cross Country Coach