

**STUDENT INFORMATION**

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**DOB:** 01/07/2007  
**GRADUATION DATE:** 06/23/2025

**SCHOOL INFORMATION**

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To the Admissions and Scholarship Committee

As both the homeschool counselor and parent guiding Charlotte's education and training, I'm proud to recommend her for college admission.

Charlotte excels as a dual-sport athlete in cross country and track & field, where she has consistently demonstrated exceptional endurance, mental focus, and goal-oriented discipline. What makes her stand out is not just her physical stamina, but the steady mindset she brings to every challenge—whether it's pacing herself through a long-distance race or mastering precise timing in track events. These qualities matter because they reflect the perseverance and self-motivation essential for success in both college academics and athletics.

Charlotte's ability to perform under pressure is a direct result of her quiet consistency and mental toughness. That's exactly the kind of mindset that helps students handle setbacks and stay on track—whether in a long race or a demanding college semester. One meet in junior year stood out—it had stormed the night before, and the course was a slick mess of mud and uneven ground. Several runners slipped or dropped out early, but Charlotte adjusted her pace and stayed focused. Around mile two, she made a strategic push up a soggy incline when others hesitated, ultimately finishing in the top three. "When the course changes, your mindset has to change with it," she told me afterward. That moment captured her approach perfectly: steady, adaptive, and unshaken by setbacks.

The same steady discipline shows up in Charlotte's academic life. That kind of consistency matters—college demands both independence and time management, and those are skills many teens are still developing. During her junior year, she took two college-level courses—General Biology with lab and Human Anatomy & Physiology—at our local community college while training six days a week for cross country. The schedule was intense: early morning practices, evening labs, and constant deadlines. Charlotte built a strict routine for herself, carving out time for studying, recovery, and workouts—sometimes even writing essays on the bus to meets. She never missed a practice and finished both classes with A's. When I asked how she kept it all balanced, she said, "Racing clears my mind. Then I'm ready to focus again." That ability to stay focused, organized, and self-directed through real pressure is what defines her most.

Charlotte also learns with purpose and curiosity. In Human Anatomy & Physiology, she stayed after lab one day to ask her professor how muscles adapt to repeated stress—especially in endurance sports. Later that week, she used what she'd learned to help adjust her team's warm-up routine before a meet. Charlotte doesn't just memorize information—she applies it thoughtfully. She began tracking her recovery time after races and noticed a pattern: she rebounded faster when she followed a specific sleep and hydration routine.

"It's like reading my body as a system," she told me. "Once I see the pattern, I can improve it." That kind of reflective learning—rooted in science, tested in life, and shared with others—is what makes her a true scholar-athlete.

I fully and confidently recommend Charlotte for admission. She's grown into someone who doesn't just set goals—she meets them with steady effort and quiet determination. One of her coaches once told me, "Charlotte never skips the hard parts. She shows up, even when no one's watching." That kind of mindset—rooted in consistency, not attention—will make her a valuable contributor to any campus and community. I have no doubt she'll continue to lead, support, and thrive—wherever she goes next.

Sincerely,

Isabella Smith