



October 16, 2020

**RE: Recommendation for Matthew Armstrong**

To Whom It May Concern:

I am writing on behalf of Matthew Armstrong, an athlete on our cycling team here at Lees-McRae College. I have had the opportunity to work with Matthew since the fall of 2017 when he arrived as a freshmen. He has been a pleasure to have on our team, and a joy to work with within our coach-athlete relationship. Matthew holds the position of team captain for our road team, which is an integral role to our success, and through that opportunity has made a lasting impact on our entire team with his leadership skills.

Matthew has shown a consistent ability to focus on the task at hand, creatively problem solve, and put the team's needs first before his own. As the years have progressed, he has also demonstrated the ability to take on a heavier work load with more responsibility. Throughout the process he has been an effective communicator as well. In fact, he asks the right questions when they matter most, and listens intently as counsel is provided.

Above all, Matthew's performance as a student and athlete are consistently above average, and can be relied upon to help achieve desired results.

Therefore, I am comfortable recommending Matthew for any opportunity, without reservations.

Respectfully

Coach Tim Hall  
Director and Head Cycling Coach  
Lees-McRae College

