

Letter of Recommendation: Track & Field

Arunjeet Rehal Arunjeet.Rehal@gmail.com / 209.627.7717

To Whom It May Concern,

This letter of recommendation for Arunjeet Rehal, who has been an outstanding member of the track team at Tracy High School in Tracy, California. Arunjeet's dedication, athleticism, and commitment to excellence have made him a standout athlete in various track events.

Arunjeet has excelled in the long jump, triple jump, 200 meter, and 400 meter events, consistently delivering impressive performances. His versatility and skill have also been evident in the 4x400 meter relay, where he has played a crucial role in the team's success. Arunjeet's ability to compete at a high level across multiple disciplines is a testament to his hard work and determination.

In addition to his athletic achievements, Arunjeet has maintained a very solid GPA, demonstrating his ability to balance academic responsibilities with his commitment to track and field. His dedication to both his studies and his sport is truly commendable.

Arunjeet is not only a talented athlete but also a committed and respectful individual. He has juggled his track commitments alongside his competitive soccer events, showing remarkable time management and dedication. Arunjeet values the advice and guidance of his coaches and is always open to feedback from both coaches and teammates. His positive attitude and willingness to learn have earned him the respect and admiration of everyone around him. This is a student that has shown that multitasking all of the activities that he has along with academics is possible and provides a way for others to look up to him as a athlete, teammate, and most importantly a friend.

In summary, Arunjeet Rehal is an exceptional track athlete whose accomplishments, dedication, and respectful demeanor make him a valuable asset to any team. I am excited to see what He does in the future with all of his options. I have no doubt that he will continue to excel in his future endeavors, both academically and athletically.

Sincerely,

Bryce Pasquale

Assistant Track Coach (sprints, jumps, and hurdles)

Tracy High School

coachbtfxc@gmail.com

(209)8148062