



Barren County High School

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To Whom It May Concern,

I am pleased to recommend River Johnson, whom I have had the privilege of coaching and teaching in my high school weightlifting class. Throughout our time together, River has consistently demonstrated qualities that set them apart as a standout student and athlete.

From day one, River has shown strong work ethic, self-discipline, and a genuine desire to improve. Whether learning new lifts or refining technique, they approach every challenge with determination and focus. Their commitment to growth—both physically and mentally—has been evident in their steady progress.

In addition to their personal drive, Mr. Johnson is an encouraging teammate. They bring positive energy to the class, support others, and contribute to the uplifting, hard-working environment we aim to create. Their maturity, respectfulness, and willingness to help peers make them a student I can always count on.

What stands out most is that River shows character, not just strength. They hold themselves accountable, respond well to coaching, and demonstrate resilience when faced with difficulty. These are qualities that go far beyond the weight room and translate into success in any setting.

I have full confidence that River Johnson will excel in whatever they pursue next. They would be an asset to any program, team, or community.

If you have any questions, please feel free to contact me.

Sincerely,

Nick Compton

Weightlifting Coach / Teacher

Barren County High School

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