

Recommendation Letter

To whom it may concern,


Asa Shenandoah has shown tremendous amount of leadership, organizational, and motivational skills since I have joined the rowing team in May of 2019. In 2015, Asa organized and lead the Indigenous Rowing Club and brought the sport to the Onondaga Nation Community. Asa leads the weekly workouts four times a week and ensures she changes up exercises daily to prevent boredom which could become a monotonous routine. Asa leads by example and workouts just as hard as the rest of the team members and myself. The workouts are in a circuit training format that lasts at least one to one and a half hours long working on strength and stamina. Asa is always willing to hear suggestions and make changes that will benefit the team as a whole.

Asa's organizational skills speaks for itself. Asa organizes with the Syracuse Chargers to assist in coaching with the Indigenous Rowing Club. She organizes the workouts and is always prepared with a work out routine. If she is unable to make practice, she will designate a team member to lead the practice with a workout routine. She will organize the weekend rowing practices on the water by contacting every player to make sure there is enough rowers. There has to be eight people available to row. She then has to coordinate with the coach of her availability and proceeds to set a time that will work for everybody. She consistently keeps everybody well informed of practices, cancellations, and weekend rowing sessions.

Asa knows how to motivate team members during workout sessions. She will push you to your limit in a way that you become unaware of the pain that encumbers your body during workouts. The different circuits will consist of squats, pushups, deadlifts, various stomach exercises, tire roll, bench presses and incorporating rowing on the machine for 250 – 350 meters to the routine. She will cheer you on and will correct you on your form when needed. She participates and excels in all the workouts especially during a team relay session. She will team up with her mother and work twice as hard by increasing her repetitions and still will manage to finish in first place. As a former Marine and a person who keeps physically fit by running and staying active, since joining the Indigenous Rowing Club, I have never felt stronger and fit as I do now. By enduring the physical workouts with Asa, I can definitely say that Asa is physically strong and fit and possesses a tremendous amount of stamina and definitely is a strong team leader. She will not quit until it ends.

I am available to answer any questions that you may have at 315 278-4076.

Sincerely,



Suzanne H. Hill
Medical Support Asst.