

## Letter of Recommendation for Coach Martin

To Whom It May Concern,

It is my absolute honor to recommend Coach Martin, a leader who single-handedly changed the trajectory of my life. At 16 years old, I was a talented but undisciplined athlete—someone who lacked both the commitment and work ethic to truly succeed. Coach Martin saw through my natural ability and recognized the deeper lessons I needed to learn.

One practice, while we were running 8x400 meters, I decided to take a break after the first lap and walked back to the school for water. When I returned, the team was already on their sixth lap. Despite my lack of effort, I believed I still deserved to compete in an upcoming meet. I had the third-fastest mile time, yet my name wasn't called to race. Angry and frustrated, I confronted Coach Martin, insisting that I should be selected based on principle alone.

Coach Martin, however, refused to reward my behavior. He told me bluntly: "You barely train and don't want to be here." After some back-and-forth, he finally agreed to let me travel with the team, but his words left a mark. At the race, I surprised everyone, including myself, by finishing second with a personal best of 4:39. Still, Coach Martin did not congratulate me. Instead, he challenged me in a way that would shape my future.

He said, "Flo, you have incredible talent, but you have no work ethic. You're lazy, inconsiderate, and yesterday, you threw your best friend under the bus. I'd rather have a 5:15 miler who works hard than someone like you who doesn't."

Those words stayed with me. From that moment on, I dedicated myself not just to the sport, but to being a better teammate and a person with integrity. Coach Martin's honesty and belief in my potential were life-changing. By the end of the season, I wasn't named MVP, but I was awarded the Sportsmanship Award, the most prestigious honor at our school—an accolade that meant much more to me because of the lessons Coach Martin had instilled.

Today, I attribute much of my success—whether in the military, as a Medal of Honor recipient, or in business—to the foundational lessons I learned under Coach Martin's guidance. He believed in me, but more importantly, he pushed me to become a person worthy of that belief.

I give Coach Martin my highest recommendation. His ability to develop not just athletes, but individuals of character, is unparalleled.

*Florent Groberg*

Sincerely,

Florent "Flo" Groberg

Medal of Honor Recipient

Business Executive