

**\*This letter of recommendation must come from a gymnastics coach\***

**Please email this form to [sarahnitzaward@gmail.com](mailto:sarahnitzaward@gmail.com) by Jan. 15 in order for the gymnast to be considered for the award.**

*Sarah Nitz was a gymnast from O'Gorman High School who exemplified outstanding sportsmanship, athletic ability, a love for her sport, and the physical and mental strength to succeed. Sarah was killed in an automobile accident on December 21, 1994. This award has been established to recognize an outstanding senior gymnast who exemplifies the qualities that Sarah tried so hard to achieve. Please fill out this application on behalf of the applicant and email it back to [sarahnitzaward@gmail.com](mailto:sarahnitzaward@gmail.com). Your reference is confidential.*

**Applicant:** \_\_\_\_\_

**Reference:** \_\_\_\_\_ **Coach Relationship:** \_\_\_\_\_

1. Why are you nominating this gymnast for the Sarah Nitz Award? Is she your first choice for this award?

2. Describe this gymnast's work ethic, attitude, and other top character traits?

3. Give us examples of her sportsmanship to her teammates and to other teams?