

August 18, 2022

To Whom it May Concern,

I wanted to take a few minutes of your time to tell you about this wonderful person I know-Megan Tyrrell. I first met Megan when she was my Coach at Orange Theory Fitness; at the time I was struggling with getting back into working out: navigating how isolating the first couple of waves of the pandemic were, and grief for my mom who had just passed away. I signed up for a class as a show of good faith to my girlfriend who was feeling similarly and had loved Orange Theory Fitness pre-pandemic (I myself had never attended a class). My first class was taught by Megan, and she is the reason I got a membership that night and have never looked back. As time has gone on, I am still with Orange Theory Fitness, and while Megan is no longer my coach, she is now a close friend. During our evolving friendship, we realized that not only did we have mutual friends in common but many mutual interests. I have come to appreciate her even more knowing all that she has done professionally and personally: theater and stage performances, dance lessons, coaching the Special Olympics, and being a para at North Thurston High School (just to name a few).

Honestly, her credentials speak for themselves-it's her heart and intentions I want you to keep in mind when considering her for this program. I have never met someone who has demonstrated strength of character, honesty, integrity, or courage the way that Megan does. As a Coach, she always asked us to give a %110 in the gym and she gave us that in return; I have no doubt she will give do just that while in your program. I have a long background in team sports (I played college softball for a Division II school), working with youth (I am currently a volunteer for Camp St. Albans Girl Scout Camp and a Girl Scout troop leader), and being involved in the community (I was on the Board of Directors for Pizza Klatch and am currently working for Washington State Parks); while you are not looking at me as a candidate for your program, you should absolutely see the value Megan brings and why she would make an excellent teacher. In the time I have known Megan, I have seen her navigate exceptional situations: she knows how to ask for help, she knows where to find resources, she knows how to stand-up and advocate for those who are unable to, and most importantly she never loses sight of what is important.

Megan makes an excellent coach because Megan is an excellent teacher. I know that this has been a long dream of hers and you will not be sorry for selecting her for your program. She works hard, is curious and asks questions, and is motivated. More importantly, Megan has the heart of a teacher and her passion and skills need a home to learn and grow even more and I know she will at Evergreen.

Thank you for your time and I am available for follow up questions!

Sincerely,

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