

To North Carolina Outward Bound School

I have been asked by one of my employees, Sarah Vansandt, to write a written referral for her to the NCOBS internship program for the summer. I am very happy to do this for Sarah, as I have only had her working for me since October, but I am very impressed with her skills. Sarah is one of our facilitators on the Osprey Challenge Course at the University of North Florida. We have an Odyssey 3 Challenge Course built by Alpine Towers.

Sarah went through a training we had for our instructors with Alpine Towers and has 16 hours towards her certification. We plan to have another training this spring so our facilitators will all have Level 1 certification. Sarah has very good soft skills and can easily facilitate groups of students, adults, and children on our low and high elements. Sarah has picked up the hard skills of the challenge course very quickly and is competent putting groups off of zip and rescues if need be.

Sarah has exhibited leadership with her peers and a sincere motivation for wanting to learn and improve on her skills so she can pursue a career in Outdoor Experiential Education. Her previous job experiences in the outdoors have been with a whitewater rafting company in Tennessee. She is currently a full time student at the University of North Florida.

I think Sarah would be a great candidate for NCOBS internship program. She is hard working and is always willing to help where she is needed. I am honored to write this letter and highly recommend her for this position. I feel our program would reap the benefits of her employment with you all as she will return in the fall to UNF and ECO Adventures with great Outward Bound experiences and values that I will encourage and treasure for all my employees.

Any Questions at all feel free to contact me,

Sincerely

Amy Stratton Costa

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