

August 13, 2015

RE: Lasha Shephard

To whom it may concern,

I am writing in regards to my daughter Lasha Shephard. She will be a junior this year at Grant High School and I am hoping you will consider allowing her the opportunity to play volleyball this fall and prove the importance the structure and involvement in this sport has in her life.

Over the past few years Lasha has had significant changes in her life, which in turn have truly affected her in and out of the classroom. Unfortunately this has negatively impacted her academic success. During her freshman year she struggled adjusting to a new school, a very highly populated school, since she came from very small elementary and middle schools neither with a population over 200. Grant was a whole new world. Her older brother who was entering his junior year had moved to Seattle with her dad and she was feeling abandoned. She also had a new baby brother in Seattle. She has quite a bit of change in her life over that year.

Lasha is very passionate and loves to stay active. Playing sports has always been a release for her. The competition and energy is something she thrives on. I feel that when Lasha isn't able to verbalize the way she is feeling being active has allowed her to express herself. She cares deeply for people and the bond she has formed with teammates has had a huge impact on her on and off the court. She gives off a vibe when playing that excites all those around her. She is focused, goofy, competitive, skilled, energetic, and most of all truly a treat to watch in action.

Lasha has worked hard on finding herself and realizing what influences her good and bad. She is implementing things in her life to help her continue to grow as a student and an athlete. She has worked hard to recover credits in night and summer school. She has entered into a parent/student/teen contract with me (her mom) to provide more structure and accountability for the summer and upcoming school year. She also worked with a therapist towards the end of the school year to work through feelings and anxieties that were hindering her success.

Lasha has had the opportunity to reflect on the choices she has made and how they have affected her. She knows the direction she wants her life to go and what she needs to do to get there. She is committed to growing as a student athlete as representing Grant on and off the court in the 2015-2016 school year. I hope she will have the opportunity to prove that.

Thank you,

Angela Shephard (Mom)

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